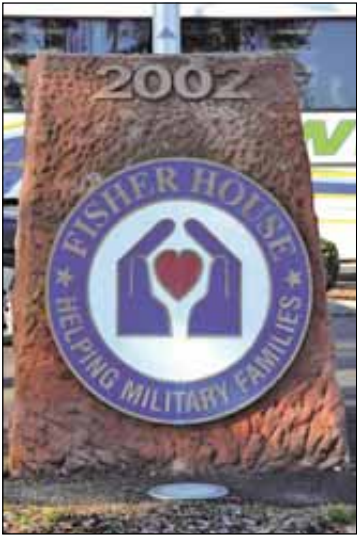


Bavarian News

Vol 4. Nr. 4

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

February 27, 2008



EDUCATION SCHOOLS ANNOUNCE SECOND QUARTER HONOR ROLL STUDENTS

GARMISCH STUDENT WINS GIRL SCOUTS' TOP AWARD ■ PAGE 8

ANSBACH VOICE YOUR CONCERNS AND COMPLIMENTS USING THE ICE SYSTEM ■ PAGE 19

BAMBERG JOB SHADOWING LETS STUDENTS EXPAND THEIR HORIZONS ■ PAGE 22

SCHWEINFURT GET TO KNOW YOUR NEW COMMANDERS ■ PAGE 25

HOHENFELS POPE RECOGNIZES HOHENFELS GROUP IN ROME ■ PAGE 10

INDEX

■ **Sports:** Graf boxer takes third in Kaiserslautern match
PAGE 28

■ **Travel:** Prague serves as the perfect getaway for a long weekend
PAGE 17

■ **Medical:** March is National Nutrition Month. How does your diet add up?
PAGE 6

■ **What's Happening:** Check out the news briefs for your area
PAGES 14-15

FDA finds OTC drugs unfit for kids

by **MARK HEETER**
USAG Schweinfurt PAO

The Food and Drug Administration issued a public health advisory about over-the-counter cough-and-cold products Jan. 18, and the focus is on infants and toddlers.

"The FDA decided that for children under 2 (years old), none of the over-the-counter products are appropriate," said Fred Broussard, pharmacist at the Schweinfurt health clinic. "And we try to subscribe to what the FDA does here."

While acetaminophen, the active ingredient in Tylenol, is approved for infants and children of all ages, others found in different over-the-counter products are not, according to Dr. (Capt.) Terence Lillis, family medical doctor at the clinic.

"Antihistamines and cold medicines are not effective in children under 2 (years of age)," and are therefore not recommended for such use, Lillis said.

"These medicines, which treat symptoms and not the underlying condition, have not been shown to be safe or effective in children under 2," according to the FDA news release announcing the public health advisory, found at www.fda.gov.

Cough and fever are protective mechanisms the body uses to fight illness, according to Lillis. Treating them symptomatically using Tylenol and other approved medicines and dosages is appropriate, he said.

Following dosing instructions and simply using the proper medicine for the proper symptoms is a safe bet for

parents, according to both Broussard and Lillis.

"In the past, products were available, but the caregiver was not following the dosing schedule properly, and there were accidental overdoses," Broussard said, citing a possible reason for the study and ensuing advisory.

The clinic offers a self-care program that allows pharmacists to dispense over-the-counter products, but the patient is still required to come to the clinic and explain their symptoms.

"Those lists (of self-care products) are not published. The patient needs to come and tell the pharmacist what the symptoms are," said Lt. Col. Kirsten Bautista, chief nurse at the clinic.

"It's getting well used, especially with the cough and cold symptoms," Broussard said of the self-care program.

Whether storing over-the-counter products or prescribed medications in the home, parents and caregivers must always keep them out of the hands of small children, according to Eddi Sauer, USAG Schweinfurt safety officer.

"Medicines need to be safely locked away," Sauer said.

"When we do our (Family Child Care) inspections, we always look to see that medication is locked up and kept out of reach from children," Sauer said.

To view the FDA public health advisory about over-the-counter products, log on to http://www.fda.gov/cder/drug/advisory/cough_cold_2008.htm.

Rowell awarded Bronze Star with Valor



Photo by Katie Cowart

Brig. Gen. David Hogg presented Staff Sgt. Frederick Rowell of Echo Company, 2nd Squadron, 2d Stryker Cavalry Regiment, the Bronze Star with Valor Feb. 13. He earned the award for actions described as well above the call of duty during an operation Sept. 11 in southern Baghdad. For Rowell's complete story, see the March 12 issue of the Bavarian News.

AFN Bavaria earns top honors in competitions

by **MARY MARKOS**
Bavarian News

Armed Forces Network Bavaria staff members took top honors during the European level 2007 Keith L. Ware Journalism Awards Competition.

Staff Sgt. Jose Colon, broadcast noncommissioned officer in charge of the

AFN affiliate, received Military Broadcast Journalist of the Year while the civilian counterpart of the award went to AFN Bavaria broadcast operations chief, Tony McKinney.

AFN Bavaria Morning Show host Spc. Nathan Jones received the Rising Star Award for Outstanding New Broadcaster, an honor bestowed on

individuals with less than two years broadcast experience.

The three winners move forward to the Army-wide level of competition.

Sponsored by the Secretary of the Army, the Keith L. Ware Journalism Awards Competition recognizes excellence in broadcast production. Judges compare individual portfolios

as well as physical fitness and weapon scores and how well competitors embody the Soldier concept for Military Broadcast Journalist of the Year. Evaluators consider community involvement on a professional and personal level with the Civilian Broadcast Journalist of the Year and
See **AFN** Page 4

AFAP conferences compiles new garrison, Army issues

by **KATIE COWART**
Assistant Editor

The Grafenwoehr and Vilseck communities had the opportunity to voice their concerns, as well as their suggestions, about the garrison or the Army in general at the 2008 Army Family Action Plan conference Jan. 31-Feb. 1.

David Roberts, the Army Family Team Building and AFAP program manager, explained why it is important for the community to get involved in AFAP.

"The Army Family Action Plan is input from the people of the Army to Army leadership. It's a process that lets Soldiers and families say what's working, and what isn't – and what they think will fix it," he said. "It alerts commanders and Army leaders to areas of concern that need their attention, and it gives them the opportunity to quickly put plans into place to work toward resolving the issues."

Each year, installations all around the world hold an AFAP conference

and decide on their top five issues. The issues that are local problems are worked on that level, but some issues are bigger than just one post and are sent up to the next higher level. The issue keeps getting passed along until it reaches a place where someone can take action on it.

"About 90 percent of AFAP issues are retained and worked at local level, resulting in ongoing community improvements," Roberts said. "Some issues are applicable beyond the local

level — these are sent to Army Command, Army Service Component Command, and Direct Reporting Unit AFAP conferences and to (the Department of the Army Headquarters), where delegates from across the Army determine which will go into the AFAP. The issues that are selected for the AFAP are worked toward resolution by Army staff and (Department of Defense) agencies."

Delegates were divided into
See **AFAP** Page 29

Landstuhl visit calms fear of unknown

by **KATIE COWART**
Assistant Editor

Many people find the "what if" situations and unknown variables of deployment to be the most scary, but the 2d Stryker Cavalry Regiment is doing what it can to abate these fears by providing answers and reassurance to those question marks.

On Feb. 7, a group of Stryker rear detachment leaders, family readiness support assistants, and senior spouses took a trip to the Landstuhl area to learn more about the medical evacuation process if a Soldier is injured while deployed.

Chaplain (Col.) Glenn Woodson, 2SCR rear detachment chaplain, coordinated the trip.

"The idea (of the trip) came up in one of the monthly (family readiness group) steering committee meetings," Woodson said. "Some of the spouses
See **2SCR** Page 29

Ronald Toland

Congratulations VES honor roll

Principal’s Honor Roll (All As)

Alaina Arthurs
Tracy Barnett
Riley Campbell
Brianna Coleman
Elisabeth Davis
Lilyanne Degollado
Michael Dougherty
Alexandria Finney
Austin Gamboa
Jamie Haas
Tiffany Hendricks
Madison Hoecker
Uriah Huffman
John Abel Isenhower
Benjamin Jones
Gabriel Lewis
Paul Mako
Brandon Massie
Jasmine McKee
Joshua Neely
Sarah Read
Colin Shaw
Alexandra Soika
Breanne Vogelpohl
Jacob Warren
Madeleine Ziegelhofer
High Honor Roll (A/B)
Indira Ametaj
Destiny Aruvierreh
Patrick Barnett
Jamie Bartow
Chloe Bedford
Stephanie Borrero
Zaria Boyd
Elliott Burbelo
Taylor Butcher
Maggie Clearwater
Hailey Davis
Hope Davis
Jeremy Diamond

Erykah Ffrench
Justin Hamilton
Rachael Hocker
Brent Hoffman
Kenzyl Jones
Christopher Lancaster
Cheyenne Leuteman
Kaitlyn Mendum
Cierra Miller
Meycelle Miller
Michael Moya
Anastasia Nikolaeva
Madeline Olden
Edward Powers
Guillermo Rigual
Wunderly Rote
Sierra Siebold
Komal Singh
Zoe Smedley
Azriya Smith
De’Shawn Smith
Shanice Smith
Paola Suarez
Chaylynn Spencer
Rachel Watson
Femi Whitehead
Tyreque Young
Honor Roll (B Average)
Destiny Aruvierreh
Rachelle Cazee
Javier Gallardo
Zachary Gilman
Rebekah Haas
Madison Lopez
Micaela Marsh
Anthony Maynard
Anastasia Nikolaeva
Miah Purganan
Samantha Purganan
Jaci Reynolds
Jennicia Salas

Shanea Smith
Dagney Teakell
Tamara Towns
David Vidovic
Cassandra Watson
Arianna Whitehead
Frank Wood
Gabriel Zavala
Dining at the Ritz
Jason Albert
Alaina Arthurs
John Demery
Alexandria Finney
Tiffany Hendricks
Angel Hurtado
Madison Lopez
Jasmine McKee
Michael Moya
Guillermo Rigual
Wunderly Rote
Colin Shaw
Azriya Smith
De’Shawn Smith
Alexandra Soika
Cassandra Watson
Reading/Language Arts Award
Alaina Arthurs
Tracy Barnett
Hailey Davis
Michael Dougherty
Jamie Haas
John Abel Isenhower
Benjamin Jones
Alexandra Soika
David Vidovic
Math Award
Taylor Butcher
Riley Campbell
Brianna Coleman
Nathan Corder
Elisabeth Davis

Gabriel Lewis
Wunderly Rote
Shanea Smith
Science/Health Award
Alaina Arthurs
Daniel Diamond
Rebekah Haas
Sylvia HasleyVelez
Madison Hoecker
Brent Hoffman
Uriah Huffman
Joshua Neely
Shanice Smith
Social Studies Award
Indira Ametaj
Lilyanne Degollado
Benjamin Jones
Anthony Maynard
Andrew Reineke
Wunderly Rote
Paola Suarez
Breanne Vogelpohl
Jacob Warren
Citizenship Award
Oghenetega Aruvierreh
Patrick Barnett
Tristan Bertrand
Elliott Burbelo
Taylor Butcher
Maggie Clearwater
Nathan Corder
Dorian Creutzburg
Nathaniel Cruz
Hailey Davis
Dante DeLaRosa
Michael Dougherty
Amber Douglass
Shetara Francis
Javier Gallardo
Austin Gamboa
Jamie Haas
Rebekah Haas

Justin Hamilton
Sylvia HasleyVelez
Milisa Headley
Alexandria Jinney
Adam Jones
Christopher Lancaster
Paul Mako
Micaela Marsh
Anthony Maynard
Alisha Mayo
Andrika Morris
Anastasia Nikolaeva
Paul Ninelist
McKenzie Peifer
Elijah Porter
Miah Purganan
Samantha Purganan
Sarah Read
Jaci Reynolds
Daniel Rider
Azriya Smith
Shanea Smith
Alexandra Soika
Paola Suarez
Tamara Towns
Maurice Waczenski
Mikaela Watrus
Cassandra Watson
Rachel Watson
Arianna Whitehead
I’m Achieving Buttons (Maintained As or Increased GPA by at least .5)
Jason Albert
Alaina Arthurs
Tracy Barnett
Elijah Branham
Riley Campbell
Natalya Cano
Rachelle Cazee
Brianna Coleman

Hope Davis
John Demery
Michael Dougherty
Eryka Ffrench
Alexandria Finney
Jamie Haas
Xavier Harper
Tiffany Hendricks
Uriah Huffman
Angel Hurtado
John Abel Isenhower
Paul Mako
Robin Martin
Brandon Massie
Michael Moya
Joshua Neely
Edward Powers
Adam Proctor
Sarah Read
Daniel Rider
Guillermo Rigual
Steven Robertson
Jacob Robinson
Joey Romero
Kevin Shomper
Zackery Shomper
Noah Siebold
Azriya Smith
David Smith
Alexandra Soika
Javan Spencer
Breanne Vogelpohl
Michael Wagner
Monique Wagner
Jacob Warren
Femi Whitehead
Armoney Williams
Madeleine Ziegelhofer

Spotlight on Education



Name: Bill Ratcliff
What grade / subject do you teach? Psychology, Sociology, World Regions, and U. S. Government at Vilseck High School
Hometown: Elgin, Okla.

How long have you been a teacher? 11 years

What do you like best about teaching? The reward that comes from watching a student or athlete develop!

What advice can you give students to help them succeed in school? Learn to prioritize and make yourselves a schedule. Learn about life-lessons, not just the subjects in the classroom, from your teachers!

New Wounded Warrior Education program kicks off at Leavenworth

by MELISSA BOWER
Fort Leavenworth Lamp

Retired Spc. Michael L. Hogg, son of Brig. Gen. David and Martina Hogg, was one of eight Soldiers chosen recently to enter a “Wounded Warrior Education Initiative” graduate degree program shared between the Combined Arms Center at Fort Leavenworth and the University of Kansas..

Army Secretary Pete Geren and University of Kansas Chancellor Robert Hemenway announced the program Feb. 6. Upon earning their degrees, Soldiers will remain on active duty for six years.

Hogg, whose father is with the Joint Multinational Training Command, is a retired combat engineer. In March 2003 he parachuted into Iraq with the 173rd Airborne Brigade and was responsible for clearing mines and performing security while blowing up unexploded ordnance. He was wounded by a land mine in June 2003 near Kirkuk.

He received the Purple Heart and the Army

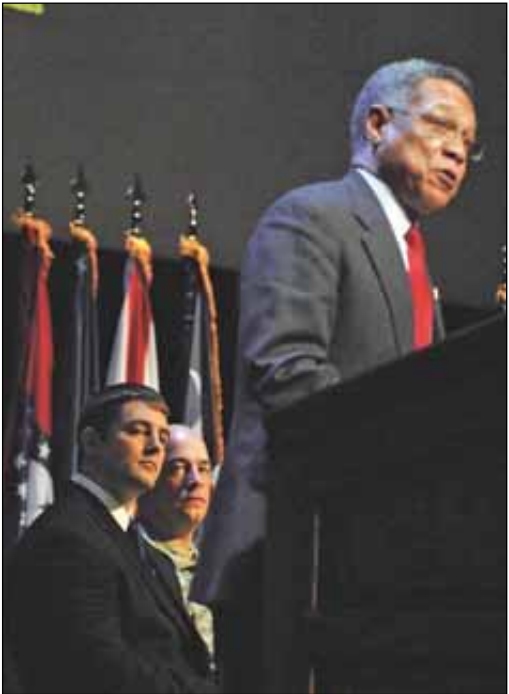


Photo by Prudence Siebert
Retired Spc. Michael Hogg and Staff Sgt. Thomas Davis listen to Assistant Secretary of the Army for Manpower and Reserve Affairs Ronald J. James’ remarks at the Army Wounded Warrior Education Initiative pilot program announcement Feb. 6 at Fort Leavenworth.

Commendation Medal. At present he is enrolled in the MBA program at the University of Texas, and is interested in pursuing a master’s degree in history at the University of Kansas.

“This is a new journey that we in the Army and the University of Kansas have taken together,” Geren said. “A partnership for these outstanding Americans that have given so much in service to their country.”

Geren said the intent of the program was to retain knowledgeable Soldiers in the service and to assist them with better job placement. David Lambertson, director of the KU/Fort Leavenworth program, and Ron James, assistant secretary of the Army for Manpower and Reserve Affairs, were also credited in the creation of the program. Geren said Hemenway and KU officials came to him with an idea for the program in September 2007.

Army officials want wounded Soldiers to know their country still needs them in active service.

Maj. Dina Wandler, James’ assistant deputy for education, said the new program hopes to accomplish just that.

“It represents a change in culture of how we care for wounded warriors,” she said. “We’re breaking the mold.”

To enter the Wounded Warrior Education Initiative, Soldiers must be part of Army Wounded Warrior Program and have the educational background necessary to enter a post-graduate program. Lambertson, who operates the KU side of the program, and Wandler said the Soldiers would be held to the same high educational standards as any other graduate students.

“We screen their academic backgrounds to make sure we’ve got the quality of soldiers we’re looking for,” Wandler said.

The first students will enter the program in August.

In addition to Hogg, other Soldiers in the program include:

- Capt. Gates Brown plans to earn a doctorate in math, history or a related field.
- Capt. Kristin Facer plans to earn an advanced degree in either cultural anthropology or supply chain management.
- Retired Capt. Wesley E. Fine plans to earn a doctorate in international studies.
- Capt. Tim Hornik plans to earn a master’s degree in social work.
- Retired Capt. Michael Reynolds plans to earn his doctorate in history or anthropology.
- Retired 1st Lt. Jason Gladney plans to teach.
- Staff Sgt. Thomas Davis is undecided on a master’s program, but wants to work at the Battle Command Training Program at For Leavenworth.

Dentists visit elementary schools for Children’s Dental Health Month



Photo by Katie Cowart
During the month of February, dentists Maj. Brett Henson and Capt. Joel Stewart from the Vilseck Dental Clinic visited Vilseck, Grafenwoehr, and Hohenfels Elementary Schools to do in-school check-ups for Children’s Dental Health Month. Elementary schools in U.S. Army Garrisons Ansbach, Bamberg, and Schweinfurt also participated in the in-school check-up program. The program is geared towards raising awareness through education of the importance of dental health and getting regular check-ups.

Look for the Bavarian News online at
www.milcom.de

Walking distance to Iraq and back helps family members feel closer to loved ones

by **MARY MARKOS**
Bavarian News

At 5:30 a.m. the alarm will go off. Military spouse Jenn Canfield will rise from her slumber and mentally begin her day.

As a mother of three children under the age of six, two of whom have special needs, she will reflect on what was not done the night before and review her schedule of doctor appointments and errands.

Before leaving the safety and comfort of her bed, she will think of the man that used to sleep beside her and she will smile. In the midst of her husband's second deployment to Iraq, the smile comes every morning as Canfield realizes she is one day closer to seeing her husband and one step closer to Iraq.

Canfield, whose husband Spc. John Canfield deployed with the 2nd Squadron, 2d Stryker Cavalry Regiment, Dog Company, in August, is one of 664 registered participants in the U. S. Army Garrison Grafenwoehr Operation Walk 4 Freedom.

The program began in September and improves the overall health and fitness of participants with a goal of stepping the miles between Germany and their loved ones in Iraq or Afghanistan. To reach their goal,

participants wear a pedometer and log every step they take.

Canfield averages 12,974 steps or 6.4 miles a day and said the program has changed her life.

"My husband and I made a goal to be healthier when we are together again. With OW4F I have lost 35 pounds and four pants sizes so far," she said.

"Between OW4F and Tone for Tots (a twice-weekly exercise class), I am one of the happiest people despite having two kids with special needs and a pretty hard time at home," Canfield added. "I feel 100 percent better having something to do, especially exercise because it helps reduce stress."

Program members earn miles for attending group exercise lessons, volunteering for a health and wellness cause, attending community classes, and playing with their children.

"Any activity that you do will earn miles," Tracy Svalina, USAG Grafenwoehr Health Promotion Coordinator explained. "Every step counts."

Canfield has stepped more than 1,000 miles since the program began.

"It really adds up," she said. "A lot of my miles come because I am not cooping myself up in the house during this deployment. I did that last time

and I was miserable."

"You get so many steps just from going from your car to the commissary or walking around the PX," Canfield added. "A lot of my miles come from just taking care of my kids."

Wendy Mock, avid exerciser and mother of three young girls, views the program as a life-lesson for her children. Her husband, Maj. James Mock of 4-2SCR, HHT, left for Iraq in July.

"Not only are we improving our bodies and keeping healthy, but we are being role models for our children and encouraging them to have a healthy lifestyle," she said.

Lynse Schmidt, wife of 1st Lt. Jonathan Schmidt of 2-2SCR, Dog Company, logged more than 400 miles in the first four months of the program and finds it offers a connection between her and her husband.

"The program keeps my mind focused," she said. "My husband and I stay connected by working out together even though we are far apart. We talk about where I am, what country I'd be in, and how close to each other we are."

Schmidt views the program as a way to support her husband.

"We can help fight in a totally different, healthy way," she said.

Canfield understands the

importance of completing the program as a sign of support.

"I would do anything for what (my husband) is doing for us. If it is just me getting out and walking and turning in one piece of paper a month then I'll do it because it is about showing these guys how proud of them we are," she said.

Participants are not registering their miles each month however, according to Svalina. This hurdle, she said, is easily overcome.

"It is never too late to start. For every day you did not record your miles, you can use the American national average of 3,500 steps. With the classes and support groups offered, one can catch up quickly," Svalina said.

The key, she stressed, is turning in your miles.

"Participants are already doing the work. We just need everyone to write it down and turn it in."

OW4F will hold assessments March 10-14 at the Vilseck Rose Barracks Fitness Center and the Grafenwoehr Physical Fitness Center. Participants will receive 50 bonus miles for attending.

For more information on the OW4F program and classes offered, contact Tracy Svalina at CIV 09641 83 8433 or tracy.svalina@us.army.mil.

Vilseck OW4F classes

All classes are held in the health clinic annex conference room.

- March 6 – Fitting Fast Foods into a Health Lifestyle
- April 3 – Cardio Training Parameters
- May 1 – Fuel Your Body for a Healthier You
- June 5 – Flexibility Training Parameters
- July 10 – Upping Your Metabolism
- August 7 – The Home Stretch (HP)

Grafenwoehr OW4F classes

All classes are held in Bldg. 539 conference room.

- March 20 – Nutrition 101
- April 17 – Meditation
- May 15 – Setting the Record Straight – The Truth about Fad Diets
- June 19 – Strength Training Parameters
- July 24 – Running Shoe Selection
- August 21 – The Home Stretch (HP)

Civilian fitness program slated to start up in March

by **TRACY SVALINA**
Health Promotion Coordinator

Q: What is the Civilian Fitness Program?

A: The Civilian Fitness program is designed to promote health and fitness and encourage employees to become physically active by granting full time DA civilians and LNs up to three one-hour block sessions each week during normal duty day in which to exercise for a period of six months.

Q: Why only six months?

A: This program is part of AR 600-63, the Army Regulation on Health Promotion. Research has shown that it takes six months for any behavior to become a habit, and that is why this program is six months long.

Q: What are the benefits of this program?

A: The benefits of exercise are well documented and include: better sleep, increased metabolism, ability to walk further or lift more weight or stretch farther, feeling better about oneself – improved self-esteem, reduced absenteeism and less sick time.

Q: How do I sign up?

A: This program is based on supervisor approval, since it is occurring during work time. Once you have your supervisor approval log onto the USAG Grafenwoehr Web site, www.grafenwoehr.army.mil to download the enrollment packet. Complete the Supervisory Contract, Health History, and the Informed Consent form and bring the rest with you to the assessments. The assessments are March 11 in

Vilseck and March 12 in Grafenwoehr from 11 a.m.-1 p.m.

Q: What type of assessments are offered?

A: There are four stations: 1) blood pressure and resting pulse; 2) body composition; 3) 3-min step test; 4) flexibility test.

Q: What do I need to bring to the assessments?

A: Bring your forms and dress for exercise.

Q: Six months is a long time to go before the post assessments? Do you stay in contact with the participants during this time?

A: Yes, I will send out weekly e-mail tips on goal setting, fitness, nutrition, and stress. These provide tidbits of information and are designed to keep people motivated.

Q: When does the program start?

A: The program officially starts March 30 and ends September 26.

Q: What if I go on leave during the program – do I get to make up the time?

A: The program is six-months long and as outlined in the contract is inclusive of leave or TDY.

There is an opportunity to dis-enroll from the program, and still be able to enroll again. If you enroll in the program, and realize that you are not able to utilize the program due to work constraints, etc, you will have 30 days to officially un-enroll from the program.

Q: How many times can someone enroll in the program?

A: This is a once-in-a-career opportunity for DA civilians.

Valentine's surprises



Photo by Paula Guzman

Courtenay Newkirk, wife of Staff Sgt. Terry Newkirk of 6th Squadron, 2d Stryker Cavalry Regiment, consoles Dragana Sotebeer, spouse of Craig Sotebeer 2SCR, Medical Transportation RSS, during the Regimental Valentine's Dinner at the Stryker Dining Facility, Feb. 14. Many deployed Soldiers sent back a message to their spouses that was inserted into a Valentine's card given during the dinner.

"I'm shocked," said Sotebeer, "my husband never keeps a secret, never writes loving thoughts, and normally wouldn't do anything like this so I have to reread it and reread it over and over again. I know it is from him because he wrote his special message in Croatian."

AFN takes home three awards from European competition

Continued From Page 1

the Rising Star Award.

Colon received the U.S. Army Forces Command equivalent award in 2005 and said it is rare for one affiliate to win all three of the awards.

"It speaks very highly of us to have so many winners," he said.

First-time nominee Jones recognized it is not about the win, but the honor of being selected among your peers.

"It is nice to have the recognition and to know that everything you have poured so much of yourself into is being appreciated and received," Jones said. "It is not about taking top honors or winning . . . to say you were even selected for it is a big deal."

In a separate competition, AFN Bavaria received the AFN Europe affiliate Station of the

Year award this month. The award marks the second consecutive win for AFN Bavaria.

"AFN Bavaria is a very prestigious AFN affiliate. There is a reason we win what we do. With the people we have working here, the audience can rest assured that they are getting the best quality programming with nothing but professionalism," Jones explained.

Quality and professionalism remain essential to Colon with or without a win at the next level of competition.

"Regardless of if I win or lose, the mission is still there. I put the best I can in all my work," Colon said.

The final stage of the competition takes place at the Department of Defense level with winners of the Thomas Jefferson Awards announced in April.

American Forces Network broadcaster Staff Sgt. Jose Colon videotapes a ground-breaking ceremony in Grafenwoehr, Germany last year. Colon won the title of Military Broadcast Journalist of the Year for 2007.

Courtesy photo



ERDC names ‘Warriors of the Year’

by ANNE M. TORPHY
BMEDDAC Public Affairs Officer

Staff Sgt. Harold D. Hill and Spc. Lorena I. Heredia were named the 2007 European NCO and Soldier of Year, respectively, for the European Regional Dental Command at an awards ceremony luncheon Feb. 8 at the Leighton Barracks Community Activity Center in Wuerzburg.

The competition was held Feb. 4-7 in Wuerzburg and Schweinfurt with five enlisted Soldiers who demonstrated superb achievement in the areas of military bearing, communication skills, knowledge of various military subjects, and the ability to perform various Soldier skills.

Staff Sgt. Eric Talley served as NCOIC of the event.

“This year’s Soldiers were very competitive,” he said. “They truly fought from the first event to the last. The Soldiers had a strict schedule to follow. They all had the winning

attitude and showed why they were there.”

Candidates were scored over three intense days with physical challenges that included weapons qualification, day and night land navigation, and a road march. Candidates were also required to take part in written and oral exams.

“I enjoyed it, it was a very organized event,” Heredia said. “It was challenging, and a fun experience that I always wanted the opportunity to do because not everyone has the chance.”

Hill and Heredia will be traveling to Fort Hood in the March to compete against other Soldiers at the Dental Command Army level Warrior of the Year.

When asked what advice he would give to others considering entering the competition next year Staff Sgt. Hill, ERDC NCO of the Year replied, “Study and workout when you don’t feel like it, just do it like Nike!”



Courtesy photo
Spc. Deshannon L. Austin, Sgt. Rafael Rios, Staff Sgt. Harold D. Hill, Spc. Lorena I. Heredia, and Sgt. Jessica H. Hembree-Cross took part in the European Regional Dental Command’s Warrior of the Year competition Feb. 4-7. An awards ceremony took place Feb. 8.

Examine your diet during National Nutrition Month

by Capt. (P) JULIE RYLANDER
BMEDDAC Registered Dietician

During National Nutrition Month in March, the American Dietetic Association urges consumers to look beyond the myths of nutrition and focus on the facts. The theme for 2008 is *Nutrition: It’s a Matter of Fact.*

National Nutrition Month is an annual nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Initiated in March 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

The experts at ADA have identified the following facts:

1. Eating right doesn’t have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthy diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices

should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories.

6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

7. Prepare, handle, and store food properly to keep you and your family safe from food-borne illness.

8. Don’t fall prey to food myths and misinformation that may harm rather than benefit your health.

9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.

10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

Now, speaking of getting the facts...you can immediately get the nutrition facts about the foods you’re eating right now by looking at the Nutrition Facts Label on the food’s packaging.

The top part of the food label, the main section, gives you information about a specific food product. The footnote on the bottom part of the label gives the daily values for 2,000 and 2,500 calorie diets.

This footnote provides recommended dietary information for important nutrients, including fats, sodium, and fiber. The footnote is found only on larger packages and does not change from product to product.

The first place to look on a food label is its serving size.

All the information given on a food label is in reference to that serving size, not the entire contents of the package.

Pay attention to the serving size and ask yourself, “How many servings am I going to eat at one time?” If you are consuming more than one serving, keep that in mind as you review the product’s nutrition facts, remembering to multiply the values for the nutrients by the number of servings you will consume.

Next, look at the calories; they provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. Eating more calories than you need is linked to obesity.

As a quick reference: 40 calories is low, 100 is moderate, and 400 or more is high.

The top of the nutrients section shows you some key nutrients that impact your health. The top of the lists are nutrients of which Americans typically get enough or often, too much.

Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

The lower part of the nutrient section lists nutrients that most Americans may not get enough of in their diets; these include dietary fiber, vitamin A, vitamin C, calcium, and iron. Consuming an adequate amount of these nutrients can improve your health and even decrease the risk of some diseases and conditions.

For example, consuming adequate amounts of calcium can prevent osteoporosis, a condition in which the bones become brittle with age.

Eating a diet high in dietary fiber promotes bowel health, helps to reduce cholesterol, ultimately reducing the risk of heart disease, a

leading cause of death among Americans.

The percent daily value is a general reference for nutrients; it is based on the daily requirements for that nutrient of a 2,000 calorie diet.

Even if you don’t know how many calories you consume in a day, you can still use these percentages as a reference. The percent DV helps you determine whether a food is high or low in a nutrient.

As a quick reference, five percent DV is low and 20 percent DV is high.

Using the percent DV is also good for making comparisons. If you’re unsure what type of a food product to buy, for example, ready-to-eat cereal, pick up a few boxes that look like they’d be both healthy and tasty. Then, compare their percent DVs for nutrients.

You’d want to choose the cereal that is highest in fiber, vitamins, and minerals, and is at the same time lowest in saturated fat, trans fat, cholesterol, and sodium when you compare the various cereal products.

Use these comparisons to make balanced dietary trade-offs. No need to give up a favorite food to have a healthy diet.

If your favorite food is high in fat, balance it with other foods that are lower in fat during the day so your total for the day is at or below 100 percent DV.

Making informed daily food choices and developing healthy eating habits should start with getting the facts.

A registered dietitian can assist you in making the best food choices for both you and your family.

Contact your local health clinic for information on speaking with an RD.



HEALTHY EMPOWERMENT
BY DEMETRIUS WILLIS

Dear Demetrius,
Can you tell me a little bit about “empty calorie foods”? From what I understand, there are foods I need to avoid. But why? In all honesty, I do not know all the foods this includes or the effects it has on my body.

“Tiniest of Junkies”

William

Dear William,
I am really glad you asked this question. “Empty calorie foods” or “junk foods” are foods that offer high calories and fat but low in anything healthy.

These foods include french fries, fried chicken, potato chips, and other fried foods.

Soda is another type of food that replaces opportunities to consume healthy beverages with those full of sugar. In addition, alcoholic beverages including wine and beer provide sugar and calories.

These empty calorie foods are the hidden barriers to achieving a healthy feeling and looking body.

These foods tend to be stored in the body as fat in the abdominal area, contributing to “spare tires,” “beer bellies,” and “flabby limbs.”

Replace these foods with fruits and vegetables. Your body yearns for these foods and your body requires these nutrients for a working metabolism.


Dropping these types of foods will take you from strolling on a treadmill to running miles!

Good luck.

Demetrius

Send your nutrition and fitness questions to usaggnews@EUR.army.mil.
Demetrius is a registered dietician and a certified personal trainer.

Look who’s working at the Katterbach Health Clinic: Dr. Michelle S. Flores



Hometown: Military brat, but calls San Antonio, Texas home

Favorite Phrase: Depends on my mood - I’m a Texas girl, so I do say “y’all” lots

Likes: Outdoors, spending time with my family, traveling, biking

Dislikes: Grumpy people, being cold

Favorite Food: Greek

Dream: Go on a mission trip, take a safari, live happily ever after, working part-time

Description: Dr. Flores is an excellent, energetic pediatrician who loves her patients and taking care of the military community - as it is a part of her. She is former active duty, her mom and dad are retired military, her brother is active duty... need we say more? How about her other favorite phrase, “children are our future.”

Garmisch girl earns Girl Scout Gold Award

Story and photo by JOHN REESE
Bavarian News

After 12 years of efforts beginning in St. Louis, Mo., as a Daisy Scout and finishing as a Senior Scout, high school junior Madeleine Gardiner, 16, was informed she has achieved the Girl Scout Gold Award, the highest award in the youth organization.

Madeleine, a familiar face to the community as one of the baggers at the commissary, culminated her Scouting experience with a project that encompassed organizational, leadership, and networking skills.

"I came up with a project to better the community that took at least 65 hours and brought something into the community that was lacking. It was called 'Exploring Girl Scouts,'" said Madeleine.

The project was part of a growing effort to boost Girls Scouting through activities in order to build participation and bring Scouting back to Garmisch. The Gold Award is an important

goal few Girl Scouts achieve.

"Only about five percent of girls earn it. This is the equivalent to the (Boy Scouts') Eagle Scout for Girl Scouts," said Madeleine.

In addition to earning the right to wear the Gold Award pin, Madeleine will receive certificates of achievement from the GSUSA and congratulations from the White House and various government agencies.

Madeleine's mom, Renee Gardiner, volunteers as the assistant leader for the Brownie-level Scouts when she isn't busy as the garrison's religious education coordinator, but notes the program needs more help.

"We're bringing Girl Scouting back to Garmisch. As we're coming into the springtime, we're coming into that transition period looking for new officers," said Gardiner. "The officer we're most in need of right now is the overseas committee chairperson. That person is necessary in order to keep the program going."

A former Girl Scout herself, Gardiner quickly ticks off various activities they've done together: roller-skating, bowling, dances, teas, fashion shows, and going to events together.

"Pretty much anything that girls are interested in doing can become a mother-daughter activity," said Gardiner.

When she isn't studying or developing her leadership skills through Scouting, Madeleine works as one of the youngest baggers at the Garmisch Commissary. Like all of her fellow baggers, she works without a salary, earning tips she saves for college and a car.

"It's all about customer service," she said. "It can be hard when it's busy, especially when you only have one cashier and you have a huge line of people. You don't have the time to take a break."

Madeleine's last big project, coming up March 8, is the annual cookie sale, the biggest fundraiser in Girl Scouts for activities.



Madeleine Gardiner has earned the Gold Award, highest honor in Girl Scouting. Her last project will be the cookie sale March 8.

Garrison Snapshots



Artillery Kaserne echoed with the sound the Gebirgsmusikkorps fife and drum section as the traditional marching music reverberated off the long buildings of "APO Strasse," the post loop. The thick walls of the old buildings date back to the mid-1930s when the post was established, creating a concrete valley to amplify sound waves. The Bundeswehr band members of Germany's mountain corps have shared the post with the U.S. Army since 1963 and are the last of the Edelweiss troops originally stationed on the former Krafft von Dellmensingen Kaserne. In addition to periodic practices around post and occasional local concerts, the band recently performed for German troops serving with NATO in Afghanistan.



Photos by John Reese

In her last official act as USAG-Provost Marshall before transferring downrange to Iraq, Maj. Victoria L. Peters led a round of applause after reenlisting Spc. Heather N. Klawonn just before sunset on Valentine's Day. Peters, who was promoted to major Jan. 31, said being the top cop in Garmisch was the longest she'd ever been assigned to any post. Beginning her military career as an enlisted airman, Peters always kept the welfare and morale of her MPs among her top priorities. Klawonn is leaving soon, too, and will be moving to Fort Campbell, Ky. in a few weeks. The small garrison community will miss them both.



At left, Chaplain (Capt.) Lyle Shackelford, USAG-Garmisch, welcomes about 45 early rising Soldiers, airmen, family members, and garrison employees to the National Prayer Breakfast Feb. 11 at the Pete Burke Center. The concept of prayer breakfasts began in 1942 during the dark days following the attack on Pearl Harbor, when members of the House of Representatives and Senate gathered together to pray for guidance as the U.S. entered World War II. At right, Kassidee Kane breakfasts next to her sister Carolyn's buddy Cheornish, who joined them for the National Prayer Breakfast. The girls' father is a Marine Corps officer working on Sheridan Kaserne.



Black History Month celebrated with food, song, tale of an American hero

Story and photo by TROY DARR
USAG Hohenfels PAO

U.S. Army Garrison Hohenfels celebrated Black History Month with an African food sampling accompanied by musical selections of the All Nations Musicians Feb. 19 at the Community Activities Center.

During the opening remarks, Lt. Col. Gary Bloomberg, USAG Hohenfels commander, welcomed the guest speaker Maj. (Retired) Cecil W. White, a World War II veteran and key player in the integration of the U.S. Army.

White, an 86-year-old native of Selma, Ala., wrote *Give Me My Spirit Back: The Last of the Buffalo Soldier*, an autobiographical account of his dream of racial equality.

White said he first started thinking about racial equality after hearing of a famous rape case involving four black men who had been charged by police in Scottsboro, Ala., in the 1930s.

After discussions with his friends, White said he realized education was the key to freedom for himself and other Black Americans.

Around the same age that he realized that education was the key to freedom, White said he had heard through friends that some white people believed that black people could not fight. He said that belief was not consistent with his observations.

"That's when I came up with my



Maj. (Retired) Cecil W. White speaks about his experiences as part of the integration of the U.S. Army during World War II during Hohenfels' Black History Month Celebration.

military plan," said White. "I wanted to show that black people can fight as well as anyone."

White attended Tuskegee University in Tuskegee, Ala., before being commissioned as a second

lieutenant in the U.S. Army.

While assigned to the all-black, 92nd Infantry Division, Buffalo Soldiers, the division was transferred to Virginia in preparation to deploy to Italy. While the division was in

Virginia, morale dropped too low for the division to continue its deployment, and the Pentagon wanted to know why, said White.

All of the officers were called in to discuss the reasons and White,

being the most junior officer was asked last, he said. Some of the officers had suggested that the Soldiers were unhappy because they were going overseas and might never see their families again.

"We were going overseas to fight for democracy, and this base was the worst example of democracy I had ever seen," said White when his turn finally came to speak. "When I arrived on base I went to the officers club to get a bite to eat and they wouldn't serve me."

"The Army can't fix the problems in Mississippi or Alabama, but they can fix the problems on this base," he said.

The other officers accepted White's suggestion and forwarded the response to the Pentagon, he said. Practically overnight the base was integrated, the division's morale soared, and the Buffalo Soldiers were on their way to spearhead the drive to finish off Italy.

During the rest of his speech, White discussed three battles in which he and his unit fought during World War II.

"We not only set the example for black units; we set the example for the entire Army," he said.

After his speech, White was presented a plaque by Col. Thomas S. Vandal, Joint Multinational Readiness Center commander, to remember his participation in the community's celebration.

Pope recognizes Hohenfels group on pilgrimage to Rome

by KRISTIN BRADLEY
Bavarian News

Confirmation candidates and other members of the Hohenfels Catholic military faith community made a pilgrimage to Rome in early February, where they were honored by being personally recognized by Pope Benedict XVI during his weekly Sunday address and Angelus, a devotion recited in memory of the Incarnation, at noon Feb. 10.

During his address, the Pope said, in English, "I warmly greet all the English speaking pilgrims present at today's Angelus. I particularly welcome members of the Hohenfels Catholic faith community from the United States of America. ... My dear friends, this past week we began our Lenten practice of prayer, fasting, and

— in a special way — almsgiving. I invite all believers to enter this 'spiritual battle' with hearts full of generosity towards those in need. In this way, we learn to make our lives a total gift to God and to our brothers and sisters. I wish all of you a fruitful preparation for the Paschal Feast!"

Confirmation instructor Dan Redden said the entire group was excited when the Pope acknowledged them.

"Just to see the kids, see their faces light up was amazing," he said. "We all started shouting, people were looking at us like 'who are those people?' It was great."

Chaplain (Lt. Col.) Mitchell Wilk said the Pope was aware that his brother, Reverend Monsignor Georg Ratzinger, had recently celebrated mass with the Hohenfels community,

and seemed to have a special joy in greeting the pilgrims from near his hometown.

The trip, organized mainly for the six confirmation candidates and three families also preparing for confirmation through the Rite of Christian Initiation of Adults, was supported by the command religious program.

"The confirmation class is very grateful to the command for their support," said Wilk. He added that, "As a garrison chaplain the command is so supportive of me. They never say no."

For Amanda Hoffner, the religious education coordinator, this was her third pilgrimage.

"It was amazing to see them. They embraced every one of the basilicas; they embraced their faith. They climbed all 28 stairs on their knees in

prayer," she said.

The Holy Stairs are steps at the Basilica of St. John which, according to Roman Catholic tradition, once led to the headquarters of Pilate at Jerusalem, therefore made holy by Jesus during his Passion.

Redden said the affect the trip has on the confirmation candidates is unmatched by anything else they do as a class throughout the year.

"They get to see the history of their faith and see their faith in action. It is amazing to see the transformation," he said.

While in Rome, the group was also able to celebrate mass with Wilk in one of the small chapels that surrounds Saint Peter's tomb in St. Peter's Basilica. They also visited St. Paul outside the Wall, St. Mary Major's Basilica, St. Peter in Chains

Church and the Coliseum.

Hoffner said that the group was specially blessed in the things they got to see and do because Wilk "has the golden key," having lived in Rome and worked at the Vatican for many years. The group is unsure whether the community will make what would be their fourth pilgrimage next year because of Wilk's retirement later this year. It will be his replacement's decision whether or not to continue the trip.

The six confirmation candidates, Amy Hoeh, Manassas Greene, Aaron Smith, Nariah Sablan, Katie Rose, and Andrew Rose, will be officially thanking the faith community for their support and presenting a slide show of pictures from the trip at regular mass Sunday. Confirmation will take place on May 4.

Community welcomes public affairs officer

by KRISTIN BRADLEY
Bavarian News

Hohenfels' new Public Affairs Officer, Troy Darr, was presented with a Commander's Award for Civilian Service by Deputy Chief of Public Affairs for United States Army, Europe, Joe Garvey, Feb. 7.

Darr, who became the PAO for Hohenfels in November, was given the award based on the exemplary job he did as PAO for Joint Task Force – East at Mihail Kogalniceanu Air Base, Romania.

"JTF – E was something I had been very interested in, but I didn't think I would get to go," Darr said of the position he volunteered to take.

During his three and a half month tour in Romania, Darr worked with American and Romanian personnel to produce more than 600 press reports which appeared in both the broadcast and print media at the local, regional, and national level.

According to Darr, part of the challenge was that the Romanian media were extremely interested in the task force, much more so than anyone had anticipated.

The award recognizes that Darr and his small team expertly handled a level of media interest they simply were not staffed

for.

According to Hohenfels Deputy Garrison Commander Chris Saucedo, Darr's experience in Romania translates to benefits for United States Army Garrison Hohenfels.

"For USAG Hohenfels to be receiving such a top quality PAO is a huge benefit to the command and the community. I think Mr. Troy Darr will contribute immensely

to public affairs within garrison and within the surrounding community. He is a welcome asset to our community," said Saucedo.

Darr said his biggest goal while PAO is to increase the effectiveness and scope of the command information program, keeping people who live and work at USAG Hohenfels better informed of community news and information.



Troy Darr, fourth from left, monitors a press conference with Gen. David D. McKiernan, the United States Army, Europe commanding general, and Romanian deputy chief of the general staff, Lt. Gen. Ioan Sorin, at Mihail Kogalniceanu Air Base, Romania.

Courtesy photo

HOW MUCH CAN YOUR TEAM
LOSE TO WIN
IN THE 10 WEEK
WEIGHT LOSS CHALLENGE?

FIND OUT DURING THE USAG HOHENFELS
TEAM WEIGHT LOSS COMPETITION!

PROGRAM RUNS
March 18th - May 27th

REGISTRATION / WEIGHING
Tuesday, March 18th

TEAMS:
3-member teams, consisting of men and/or women, 18 years and older. Active-duty soldiers, DOD civilian employees, family members, civilian employees, and U.S. contractors eligible to use U.S. facilities are eligible to participate in this program.

PRIZES:
There will be 1st, 2nd & 3rd place prizes for teams and 1st place individual prizes for the top male & female.

*To be eligible to win a prize, teams must attend both the registration and weigh-in events.

For More Information, Contact:
DARR 455-3558/2479 or CIV 04472-85-5558/2479

Schools announce second quarter honor roll

Hohenfels Elementary A Honor Roll Students

Hammer, Charlotte
Hoecherl, Isabelle
Jarvis, Tatjana
Lange, Rachel
McKiernan, Rebecca
Min, Esther
Nunn, Lexi
Powell, Chanel
Rodman, Ian
Soliz Uriah,
Taylor, Alyssa
Taylor, Megan
Vass, Tanja
Walrod, David
Way, Nathan
Winge, Loren
Wright, Alexis
A/B Honor Roll Students
Aber, Amber
Albertson, Brittany
Barr, Ginny
Batten, Alicia
Bermudez, Liza
Bernal, Jared
Blann, Elizabeth
Borg, Lauren
Brewster, Hannah
Brown, David
Brown, Marina
Bryant, Alayna
Bufford, Briana
Cardon, Morgan
Coon, Codey
Davis, Tyler
DeLeon, Samuel Jr.
Durr, Emily
Duvall, William
Eldred, Rainer
Eoff, Alexander

Feltz, Joshua
Fisher, Colette
Fitter, Mary
Gamble, Katherine
Garcia, Christian
Garcia, Jasmin
Gilbert, Timia
Gooden, Larissa
Gransbery, Gunnar
Hammer, William
Hartfield, Cameron
Howell, Emily
Hubbuch Joshua,
Hunt, Cheyenne
Hunter, Hailey
Hunter, Katelynn
Hutchinson, Jordan
Jackson, Tatyana
Johnson, Vivian
Keeler, Delaney
Knight, Marquise
Larumbe, Alexander
Lefebvre, Zachary
Liebig, Jennifer
Mann, Nicholas
Marsh, Tanner
Moczynski, Allison
Morales, Damian
Morales, Julian
Ortiz, Jonathan
Peguero, Anderson
Perryman, Chaz
Petery, Joshua
Pomerlee, Keera
Ratcliff, Josephine
Reese, Trey
Renehan, Madison
Reyes, Justin
Rucker, Donovan
Ryan, Robert
Sandifer, Cheyanne

Serrano, Luis
Sessoms, Morgan
Sligh, Kalyn
Smith, Maggie
Thompson, Julia
Thomsen, Anna
Torres, Adedmarie
Turner, Reanna
Wells, Matthew
Whittingham, Andrew
Wilkins, James
Williams, Latisha

**Hohenfels Middle
4.00 GPA**
Atwater, Terri
Brunnelson, Teresa
Herzig, Jane
Lenzner, Courtney
Marsh, Ashley
Morales, Juan
Perryman, Alexis
Redden, Erin
Rodman, Meggie
Williams, Ralph
3.5-3.9 GPA
DeLass, Sarah
Ruiz, Shaina
Soliz, Emmanuel
Wollersberger, Nina
Eldred, Darian
Harp, Katarina
Johnson, Anthony
Malone-Elliott, Jasica
Martin, Codruta
Gamble, Grant
Astello, Thalia
Lonnecker, Victoria
Ruiz, Shannon
Sanchez, Bridget
Stolicki, Brittany

Stribbling, Kristin
Vass, Patrick
3.0-3.49 GPA
Battley, Julian
Garcia, Anastashia
Garcia, Tiffany
Hunt, Harley
Lehfeld, Caitlin
Montgomery, LaKeitra
Sablan, James
Smith, Jason
Streets, David
Warren, Marisa
Espinosa, Milon
Golson, Tashia
Gooden, Raphael
Gruber, Lisa
Miller, Douglas
Ramirez, Hector
Toppin, Diane
Wiegas, Darnell
Gaitan, Vanessa
Hoeh, Amy
Karafa, F.
Petty, Demetri
Shestakov, Ivan
Turgeon, Katelyn
Wood, Christy
Wright, Laquisha
Bronell, Brianna
Estrada, Joseph
Falealii-Ofisa, Fiapito
Fox, Melissa
Harris, Natascha
Hicklin, Terchelle
Laboy, Genesis
Treadwell, Alexis

**Hohenfels High School
4.00 GPA**
Deane, Allison E

Fuks, Martin
Matheson, Ryan J
Parks, Dana C
Redden, Shaun M
Vandal, Stephen A
DeLass, Loisann A
Larumbe, Stephanie K
Nelson, Victoria A
Walbroehl, Ashley M
3.5-3.9 GPA
Caples, Mark H
Collins, Sabrina J
Moczynski, Alicia C
Reynolds, Jillian G
Feliciano, Kaizamar
Adams, Emily G
Borg, Courtney M
Evans, April L
Grantham, Alissa S
LaVanway, Mandy K
Walloch, Jessica D
Cox, Jamie L
Odum, Dameon M
Rollins, Joyce A
Young, Kelsey D
Aber, John A
Calhoun, Jazmine J
Davis, Stephanie M
Eaddy, Chauncey M
Martin, Ovidiu
Merriweather, Brittany C
Mittag, Emily P
Orozco, Sarai
Petery, Sunny M
Schumann, Kelani C
Starnes, Kayla M
Walrod, Grant K
Weber, Jane B
Wollersberger, Eric A
Elliott, Christopher S
Hoss, Lucas A

Nwoga, Julia A
3.0-3.49 GPA
Adams, Sarah E
Akuna, Kimberlee M
Deane, Ashley E
Salerno, Lucas M
Schumann, Kathryn M
Streets, Chelsea L
Tolbert, Brianna D
Van Fleet, Eric D
Camp, Bianca A
Camp, Gabrielle L
Cox, Nina K
Feltz, Jessica R
Matheson, Rebecca C
Ramirez, Briana M
Sellers, Ian K
Taylor, Tiffanie R
Welch, Kristi-Rene H
Mesch, Johnnie M
Starnes, David R
Tillberg, Michael R
Barker, Chelsea J
Bronell, Katelyn M
Brunnelson, Laura M
Coleman, Donovan M
Fisher, Christopher J
Hoss, Mary C
Ruiz, Shaniece M
Sanders, Heaven S
Smith, Hannah G
Bordelon, Brandon L
Caples, Melissa J
Harp, Kayleb R
Howard, Kimberly K
Rivera, Augusto C
Rogers, Darryl E
Taylor, Randall A
Van Fleet, Patrick R
Wells, Vanessa R
Williams, Joshua M

Post gym to close Monday for renovations, expansion

by KRISTIN BRADLEY
Bavarian News

The majority of the Hohenfels main post gym will close Monday for major construction work set to begin on that date.

All facilities, with the exception of the basketball court, will remain closed until the interior renovation work on the existing structure is finished, which is projected to be completed August 2008.

All classes currently offered at the facility will not be offered during construction. CYS classes that are currently held in the post gym will be held in the Zone during that time; fitness classes will be cancelled altogether.

Locker rooms, bathrooms, lights, and heat

will all be out of use during the closure, though the Department of Public Works will install temporary lights for the basketball court.

“The most important thing is to have it (the basketball court) available for PT; that’s priority number one,” said Chris Cornelison, sports director for U. S. Army Garrison Hohenfels.

However, Cornelison also said that as the weather begins to get warmer the basketball court may be closed completely once the Soldiers using it for physical training can then move their workout outside.

“We’ll just have to wait and see how much use it gets,” he said.

As of Monday, the hours will be Monday through Friday 5:30-8 a.m.; 11:30 a.m.-1:30 p.m.; and 5:30-7:30 p.m. The court will be closed

Saturday, Sunday, and all U.S. federal and training holidays. Patrons should check the Hohenfels happenings newsletters and community newsbriefs for information on any additional changes to the opening hours.

After the interior renovation is completed in August 2008, construction will continue on a 3,821 square foot addition set to be complete in February 2009.

The fitness center equipment will be relocated to the addition, allowing the gym and fitness center to be combined into one building, 6,160 square feet when the project is finished, while still offering customers the same amount of space.

“If it moves over there, that could be a good idea. It would be nice to have the basketball court in the same building,” said Staff Sgt. Eli

Laureano, who said he uses the fitness center every day.

“The locker rooms here now are not so good. That’s my main concern,” he said.

Before the equipment currently housed in the fitness center is moved to its new space in the post gym expansion, some machines will be updated and some replaced completely.

Additional parking will be added to accommodate the increased use; however, how many spaces will be added and where they will go is not yet known.

The previous garrison commander began the push to combine the two post gyms into one comprehensive facility.

For more information on the closure, call DSN 466-2493.

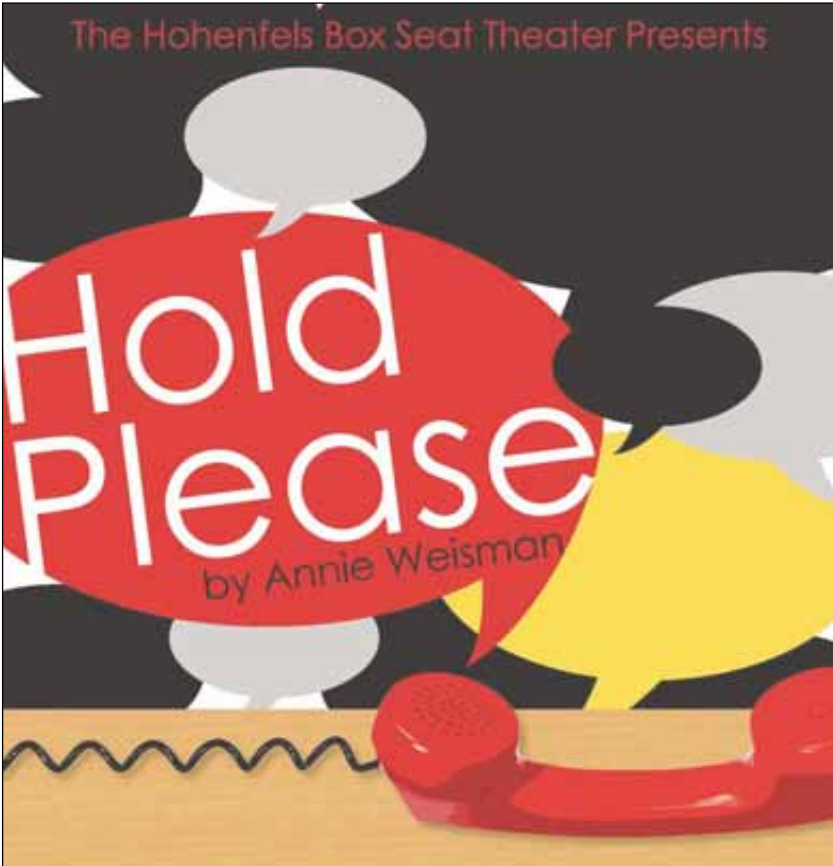
AFAP wants to know what you think!



Photo by Garry Barrows

Pfc. Timothy Murphy, Pfc. Frederick Lyons, and Pfc. Brandon Dutton take the time to submit an Army Family Action Plan issue sheet at one of the 12 locations around post. AFAP will be held March 25-26. Call ACS for more information at DSN 466-4860.


The Hohenfels Box Seat Theater Presents



Friday, March 28, 2008 & Saturday, March 29, 2008
7:00 p.m., in the Hohenfels CAC
Sunday, March 30, 2008
2:00 p.m.

USAG Hohenfels entry in the 2008 IMCOM Tops in Plays Festival

Tickets \$5.00



What’s Happening

Grafenwoehr/ Vilseck Briefs

General Officer Assignments

Maj. Gen. Yves J. Fontaine, deputy chief of staff, G-4, U.S. Army Europe and Seventh Army, Germany, to commanding general, 21st Theater Support Command, U.S. Army Europe and Seventh Army, Germany.

Brig. Gen. Scott G. West, commanding general, 21st Theater Support Command, U.S. Army Europe and Seventh Army, Germany, to commanding general, U.S. Army TACOM Life Cycle Management Command, Warren, Mich.

Brig. Gen. Susan S. Lawrence, commanding general, 5th Signal Command/deputy chief of staff, G-6, U.S. Army Europe and Seventh Army, Germany, to commanding general, U.S. Army Network Enterprise Technology Command, Fort Huachuca, Ariz..

Brig. Gen. Jeffrey G. Smith Jr., acting commanding general, U.S. Army Network Enterprise Technology Command, Fort Huachuca, Arizona to commanding general, 5th Signal Command/deputy chief of staff, G-6, U.S. Army Europe and Seventh Army, Germany.

Take a trip with MWR

Euro-Disney trip: April 7-10, sign up by March 7.

Discover the treasures of Tuscany trip to Italy: April 3-9. Sign up now! Trip is almost full!

Vienna, Austria trip: May 23-26. Sign up by April 21.

21st TSC IG visits Graf

The 21st Theater Sustainment Command Inspector General will conduct an assistance visit in Grafenwoehr March 18 at Bldg. 216 on the third floor 1-5 p.m. We request that 21st TSC Soldiers, civilian employees, or their family members who would like to speak with an IG representative arrange an appointment in advance by calling DSN 484-7075 or CIV 0631-413-7075.

Military Life Consultants available for Soldiers, families

The Department of Defense has contracted to provide professional staff for non-medical counseling to service members and their families. Issues that can be addressed include: marriage and relationship issues, stress and anxiety, depression, grief and loss, child behavior issues, and daily life issues.

The services are free and no records are kept. Consultants are also available for presentations on above listed topics for FRG meetings. Consultants are readily available and scheduling an appointment in either Grafenwoehr or Vilseck is easy. Call CIV 0152-029-34290 or CIV 0173-184-7209 for more information or to make an appointment.

Special voting information

Special voting information for Illinois, California, Louisiana, and Indiana voters: Illinois will hold two special elections March 8 for Representatives in Congress from the 14th District.

California will hold a special primary election April 8 followed by a special election on June 3 for a Representative in Congress from the 12th District.

Louisiana will hold two special elections March 8 for Representatives in Congress from the 1st and 6th Districts.

Indiana will hold a special election March 11 for Representative in Congress from the 7th District.

To determine if your legal residence is in one of the above districts, you can click on “Communicating with Your Elected Officials”, then “Who is my Representative?” at the Federal Voting Assistance Program Web site, www.fvap.gov/comm/communicating.html.

Parent-to-parent workshops

Friday - Smooth Sailing - Successful School Transitioning: Part of the ACS Smooth Moves class. Whether it is your child’s first transition or just another of many, there is much you can do to make it easier for you, your child and the new school. We will offer helpful ideas, tools and resources that can help your family as they anticipate a move or adjust to a new community. For more information or to register for Smooth Moves call ACS at CIV 09662-83-2650.

Tuesday - Your Military Sponsored European Education: Part of the ACS Welcome to Bavaria course. Being stationed overseas provides your family

limitless opportunities for personal growth and continuing education. Even going to a Volksfest can support academic success. This workshop will provide ideas, resources, and activities to help your child’s education come alive. Pre-registration for Welcome to Bavaria is required – call ACS at CIV 09662-83-2650 to reserve your slot.

Tuesday - Your Military Sponsored European Education: A SKIES Workshop While You Wait – open to the public! 12:30 – 1 p.m. in the Graf Field House Gym, Bldg 547. Being stationed overseas provides your family limitless opportunities for personal growth and continuing education. Even going to a Volksfest can support academic success. This workshop will provide ideas, resources, and activities to help your child’s education come alive.

For more information about these and other available workshops from the MCEC Parent to Parent Team, contact us at 0175-648-2777 or GrafVilseckParent2Parent@yahoo.com.

Grafenwoehr PT Clinic open

Grafenwoehr Physical Therapy Clinic is now open in Bldg. 475. Appointments can now be scheduled. Call CIV 09641-83-7251/8393 or DSN 475-7152/8393 to make your appointments. You must be enrolled at Grafenwoehr Health Clinic in order to make appointments. Vilseck enrollees must continue to use services at Vilseck Physical Therapy Clinic.

VCSC, GCSC scholarships

Attention high school seniors! Scholarships are available through VCSC and GCSC for 2008. Don’t wait, submit your application today! Application deadline is March 21. Notification of award will be made in May. Applications are available on the VCSC Web site www.vcscinfo.com, the GCSC Web site www.gcsconline.com, VHS, and at both the Vilseck and the Grafenwoehr education centers and thrift stores. Questions can be addressed to Michelene Hearth-Holmes at m.hearthholmes@us.army.mil.

Now there is also a scholarship available for spouses through VCSC. Don’t delay, pick up your application and submit it in time for the March 21 deadline.

Get Girl Scout cookies now

Girl Scouts will be conducting the final cookie sale of the season Saturday at the Grafenwoehr PX. The sale will begin at 10a.m. Limited quantities of all eight varieties of cookies will be available. So come early and stock up!

Looking for a place to conduct training?

Why not contact your local Joint Multinational Training Command, Digital Training Facility!

All facilities have several air-conditioned classrooms with 16 multimedia computer workstations with Internet access and video teletraining capability.

These classrooms are also ideal for individuals seeking a quiet place to work on-line on self-development courses.

For more information, contact your local DTF manager at the following numbers:

Grafenwoehr DTF - DSN 474-2381 or CIV 09641-454-2381, Location: Bldg 3144 (Camp Normandy).

Vilseck DTF - DSN 476-3758, CIV 09662-83-3758, Location: Bldg 355.

Military Personnel Directory changing service hours

Beginning Monday, the Military Personnel Directory, Bldg. 244, Room 202 is changing customer service hours as follows:

■ For S-1 personnel, customer service will be from 8a.m. until 12p.m. from Monday to Friday.

■ Closed for Lunch from 12 p.m. until 1 p.m.

■ All other customer will be seen form 1 p.m. until 4 p.m. from Monday to Friday.

For emergencies, call DSN 475-8747/ 6526 or CIV 09641-83-8747/6526.

2008 Graf/Vilseck Protestant Lent and Easter Schedule

Stations of the Cross:
Friday’s in Lent 6 p.m. Vilseck Chapel

HOLY WEEK – ALL SERVICES
Palm Sunday, March 16

9 a.m. Catholic Mass, Graf Chapel
11:30 a.m. Catholic Mass, Vilseck Chapel

9 a.m. Protestant Service, Vilseck Chapel

10:30 a.m. Protestant Service, Graf

Chapel
10:30 a.m. Episcopal/Lutheran, Small Vilseck Chapel

Holy Thursday, March 20
6 p.m. Catholic Mass, Graf Chapel

6 p.m. Episcopal/Lutheran, Small Vilseck Chapel

Good Friday, March 21
6 p.m. Protestant Service, Graf Chapel

6 p.m. Catholic Mass, Vilseck Chapel

Noon Episcopal/Lutheran Small Vilseck Chapel

Easter Vigil Service, March 22
7 p.m. Catholic Mass, Graf Chapel

Easter Sunday, March 23
7 a.m. Sunrise Service at Big Mike’s (Vilseck)

9 a.m. Catholic Mass, Graf Chapel

11:30 a.m. Catholic Mass, Vilseck Chapel

9 a.m. Protestant Service, Vilseck Chapel

10:30 a.m. Protestant Service, Graf Chapel

10:30 a.m. Episcopal/Lutheran, Small Vilseck Chapel

CTC offering EMT-B refresher courses in March

Central Texas College is offering an EMT-B refresher course on two consecutive weekends -- March 8-9 and March 15-16 at Coleman Barracks in Mannheim, Germany.

It is a 32-contact hour course, and students receive two college credits.

For more information or to enroll contact your CTC field representative or e-mail emt@europe.ctcd.edu.

The computer testing that may be required is also available through CTC. E-mail testing@europe.ctcd.edu.

Hohenfels Briefs

Kids Club

Kids Club meets Thursday’s weekly at the School Age Services Gym, Bldg. 112, from 9:30-11:30 a.m. except school-out days. The program is open to parents with infants to kindergarten age children. All children must be CYS/Kids Club registered. Parents and children participate in gross motor play. Activities include climbing, crawling, manipulating obstacles, and other fun activities.

Crafty Mondays

Every Monday in March, come to the Hohenfels Library at 3 p.m. and make a new craft.

Preschool Story Hour

Preschool Story Hour is back at the Hohenfels Library, every Wednesday at 10 a.m.

Dental exams for dependents

Through Friday: The Hohenfels Dental Clinic will be open for dental exams for family members of active duty service members. The clinic has only a limited amount of time available for the exams. For more information call the Hohenfels Dental Clinic at DSN 466-1720 /2703 between 9-11 a.m. and 1:30-2 p.m.

Hunting course in Hohenfels

A German hunting course will be held in Hohenfels. An introduction meeting will be held at 5:30 p.m. tomorrow in the Bldg. 702 Conference Room. For more information contact Sgt. 1st Class Craig Willey at craig.willey@eur.army.mil or Chief Warrant Officer 4 David Smith at david.anthony.smith@eur.army.mil.

Youth sports sign up deadline

Through Friday: Sign up for Baseball, ages 6-18 years; Start Smart Baseball, ages 3-5;

Girls Softball, ages 10–15; and Tennis, ages 8-15. Call DSN 466-2488 for more information.

YS coaches needed

Friday: Youth Sports is in need of baseball and softball coaches for our upcoming spring season. All training and certification is provided by Youth Sports including CPR/ First Aid and NYSCA. Parent coaches receive discounts for children participating in sport in which they are coaching. Coaches needed by Friday. For more information contact Carmela Feltz at DSN 466- 2558 or Rachel Hartman at DSN 466-2488 or via e-mail.

PWOC chick flicks

Tuesday: This month’s movie will be Little Women from 9-11:30 a.m. at the

Hilltop Chapel Center. Come join us for some girl time and a brunch of Brunswick Stew and cornbread as we watch this updated classic.

Childcare provided free for children ages 1 month to 5 years at the Chapel Annex from 8:30 a.m. to noon. Children of homeschoolers welcome. For more information contact Pam Angell at sapangell@yahoo.com.

PWOC dream dinners

March 5: Heard of the “Dream Dinners” concept in the United States where you mass assemble dinners and freeze them? We’ll be having our own meal assembly center and freezing meals for new moms or families with needs 6-8 p.m. at the Hilltop. Come out and learn about the concept, and if you’re lucky, you may even be able to bring home dinner for another night. Childcare provided free for children ages 1 month to 5 years. Contact Allison Holland at allison.scott@us.army.mil for more information.

Math, science, tech night

March 5: The entire Hohenfels community is invited to attend, and to learn something new about math, science, and technology at the Hohenfels Middle/ High School from 4-6 p.m. Come see what students from the Hohnefels schools and various community organizations have created ... activities, demonstrations, displays.

Prizes will be awarded and food sold. The evening is short, but is power-packed with fun. Witness Rainbows to Raytheon. Travel from the Hanoi Tower to the Sky Lab. Win prizes at the Guesstimation, and Door Prize Booths. Eat at the MUSS and Senior Class food stands. There will be something for everyone.

Old School/Retro Night

March 8: Come out and sport those old school moves while bowling to music from the 60’s, 70’s, 80’s, & 90’s. Only \$1.50 per game from 8-11 p.m.

Renew your EMT-B license

March 8-9, 15-16: Central Texas College is offering an Emergency Medical Technician Refresher course (EMT 1272) on two consecutive weekends, March 8-9 and March 15-16 at Coleman Barracks in Mannheim, Germany. The course is a 32 contact hour course, and students receive two college credits.

For more information and enrollment questions contact your CTC Field Representative at DSN 466-3140 or e-mail hohenfels@europe.ctcd.edu. Computer testing for license reinstatement is also available through CTC at Coleman Barracks.

Wearing O’ the Green Day

March 17: Wearing O’ the Green Day at the Hohenfels Library offers Celtic music and stories starting at 10 a.m. Wear something green!

Lose to Win

March 18: How much can your team Lose to Win in the upcoming 10 week weight-loss challenge? Get a team together and find out during the Hohenfels Lose to Win team weight-loss competition. Program runs from March 18 to May 27. The Initial weigh-in and registration will be held March 18, location to be announced (alternate initial weigh-in date is March 25).

A program briefing will be held on March 20 at noon, location to be announced. Teams must have three members consisting of men and/or women 18 years and older. Active-duty Soldiers, DOD civilian employees, family members, civilian employees, and U.S. contractors eligible to use U.S. facilities are eligible to participate in this program. There will be first, second, and third place prizes for teams and first place individual prizes for the top male and female (to be eligible to win a prize, teams must make both the initial and final weigh-in dates).

For more information, contact Sports and Fitness at DSN 466-2868/2493.

The Big Read

March 31: March is Big Read month at the Hohenfels Library. The Big Read is a community- wide book reading of The Heart is a Lonely Hunter by Carson McCullars. Hohenfels is one of only seven libraries in Europe chosen to participate in this year’s Big Read event. Sign up for The Big Read and receive a free book and reader’s guide.

There will also be opportunities to discuss the book, both in person and online. See the staff at the library for more information and to sign up. The

Book Club/Big Read meeting will be held March 31 at 5 p.m.

CPR, first aid instructor class

March 22, April 5, and April 10: If you want to become a volunteer Red Cross CPR and first aid instructor, our next course is in Vilseck. Students must attend all three full-day sessions. Cost is \$95 per student. Only a few slots are available. Call DSN 466-1760 for more information.

Red Cross needs volunteers

Red Cross has several volunteer opportunities, including the ones listed below. Anyone interested in these positions should contact Red Cross directly. The new volunteer orientation class is every other Wednesday at 10 a.m. The next orientation is March 5. Call DSN 466-1760 to sign up.

Health and safety assistant: A volunteer is needed to work in the Red Cross office between 4-8 hours per month to inventory materials, prepare the classroom for classes and clean equipment after classes. Hours are very flexible. Duties may extend into course coordinating and scheduling (negotiable).

Elementary school library assistant: The Hohenfels Elementary School librarian is looking for volunteers to help check books in and out, shelve books, and assist students.

Office assistants: A volunteer is needed to cover phones during the lunch hour (noon to 1 p.m.) Monday through Friday. Opportunities for light office work are also available Monday and Wednesday afternoons and all day on Fridays. During these times, volunteer(s) will answer phones, handle light clerical duties, and if willing, help plan and coordinate upcoming events.

2008 Hohenfels Lent and Easter Service Schedule

Lent
Friday, 5 p.m., Sacrament of Reconciliation, MPC

March 7, 5 p.m., Stations of the Cross, MPC

March 17, 5 p.m., Stations of the Cross, MPC

March 20, 5 p.m., Holy Thursday Mass, MPC

Good Friday
March 21, 5 p.m. Catholic Good Friday Service, MPC
March 21, 6 p.m. Protestant Good Friday Communion Service, NC

Easter
March 22, 5 p.m. Holy Saturday Mass, MPC
March 23, Easter Services at regular times
March 23, 6 p.m. Combined Community Easter Program

Garmisch Briefs

2008 Garmisch Lent and Easter Service Schedule

Palm Sunday, March 16
9 a.m. Catholic Mass
10:45 a.m. Protestant Service

Holy Thursday Mass, March 20
9 a.m. Garmisch Chapel

Catholic Good Friday Service, March 21
3 p.m. Garmisch Chapel

Protestant Good Friday Communion Service, March 21
6 p.m. Garmisch Chapel

Holy Saturday Mass, March 22
4:30 p.m. Garmisch Chapel

Easter Sunday, March 23
7:30 a.m. Protestant Sunrise Service
9 a.m. Catholic Mass

Alpine sledding - the ‘other’ winter sport - now offered

This is not your average neighborhood slip and slide.

We cruise the whole mountain on lighted runs, adrenaline surging through your veins!

You’ll want to eat, drink and be merry at the beautiful Gasthaus, so let ODR do the driving.

March 5 – Hausberg
March 18 – Ehrwald
Departs the Burke Center at 1800 Hrs.

\$ 10 includes transportation and your own “Mini Bob”** Lift pass not included (€ 14).

*(Mini Bob – probably the most fun you can have on a sled with a handle).

What’s Happening

Ansbach Briefs

Neal Family Fund

An account has been set up through the Community Bank for the Neal Family Fund. Spc. Edward Neal, 412th Aviation Support Battalion, lost his wife and two daughters in a traffic accident Feb. 4. His other daughter survived the accident and he has two other children. People who would like to contribute to the Neal Family Fund should call the bank at DSN 467-2122 or CIV 09802-95030 for directions on how to do so.

Free tax help

Legal personnel in the Ansbach Military Community opened tax centers Jan. 28 in Katterbach and Illesheim. One benefit of the tax assistance program is free electronic filing. This free service allows Soldiers and their families to electronically file their returns with the Internal Revenue Service, promoting faster and more accurate return processing and direct deposit of refunds into bank accounts.

The Katterbach Tax Assistance Center is located in the Army Community Service Bldg. 5817 on Katterbach Kaserne and is open daily from 9 a.m. to 4 p.m.

The Illesheim Tax Assistance Center is located on Storck Barracks in the Regimental legal office, Bldg. 6546, and is also open daily from 9 a.m. to 4 p.m.

Taxes are prepared on a walk-in and appointment basis. No one will be turned away, but deploying Soldiers will be given priority. Filers using long forms, additional schedules, or more complicated tax issues are encouraged to make an appointment.

For more information or to make an appointment, call the Katterbach Tax Assistance Center at DSN 467-2323 or CIV 09802-83-2323 or the Illesheim Tax Assistance Center at DSN 467-4857 or CIV 09841-83-4857.

Walk to Iraq and back

The mid assessments and next open enrollments for the USAG Ansbach Walk to Iraq and Back program are:

- March 8–Katterbach Fitness Center from 10 a.m. to 2 p.m.
- March 10–Bunch Fitness Center in Illesheim from 10 a.m. to 2 p.m.
- March 17 and 24–Katterbach Fitness Center from 10 a.m. to 2 p.m.

For mid assessments, people should bring their activity logs with their updated mileage as people with accomplished wellness goals will be awarded 2,000 bonus miles. For more information on the program, send an e-mail to karen.a.lewis@eur.army.mil.

Military Saves

Military Saves is a social marketing campaign to motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

This year’s campaign runs now through Sunday. The Community Bank in Katterbach offers cake and refreshments to everyone that visits Thursday and Friday. Special “Kids Save Kits” will be available for children when opening a minor account.

For more information, stop by the bank or call DSN 467-2122 or CIV 09802-95030, or visit its website at www.dodcommunitybank.com.

Passport prices increase

Passport Services at the U.S. Consulate in Frankfurt reports that passport prices increased Feb. 1 from \$67 to \$75. Feb. 1 also marked when people are to start using the new application forms for passports. The new forms are available online at <http://www.travel.state.gov> and in limited supplies at the consulate.

Applications that were accepted with an oath and payment prior to Feb. 1, even if they were returned to the originating passport agent, will be accepted with the old forms and payments.

Also, passport officials say to ignore the U.S. Passport Card box on the new forms. Further guidance on that issue will be issued by the consulate.

Ursano scholarship available

Army Emergency Relief offers free money for college through the Maj. Gen. James Ursano Scholarship Fund to dependent children, stepchildren or

legally adopted children of Soldiers on active duty, retired or deceased while on active duty or retired.

The scholarship funds may be used to help with tuition, fees, books, supplies, and school room and board either on or off campus. Applications are available online at <http://www.aerhq.org> and are due by Saturday.

For more on the program, check out the aforementioned Web site.

AAFES fuel card on the way

Installation Management Command-Europe unveiled a Web site to keep service members, civilian employees and family members updated on the upcoming transition to the AAFES Fuel Ration Card that will come into use in July.

Go to <http://www.imcom-europe.army.mil/sites/news/fuelcard.asp> to access a variety of resources to help you understand the new program and use of the card. Under the new system, registered drivers will be supplied with a fuel ration card similar to a bank debit card to which customers will apply a cash balance. The card will be phased in at garrisons in Germany from July to November, while the current coupon system is phased out.

Toastmasters Int’l meets

Ansbach Toastmasters International meets the first and third Wednesday of every month from 6-7 p.m. at the ACS classroom on Katterbach.

Toastmasters is a way for people to beef up their resumes, enhance their leadership and communication skills, and become the speakers and leaders they want to be, said Nicole Stickney, a member of the club.

Stickney said guests are always welcome at the meetings, which she described as “dynamic and fun.”

The group is open to professionals, students, stay-at-home parents, and retirees. For more, send an e-mail to ansbachtm@yahoo.com or check out the Web site at <http://www.geocities.com/ansbachtm>.

Plan now for ACAP events

The Ansbach Army Career and Alumni Program hosts a Veterans Affairs benefits briefing Thursday, a pre-retirement briefing March 11 and a Transition Assistance Program job search workshop March 11-13.

For times, locations or to sing up, call DSN 467-3312 or CIV 09802-83-3312 or send an e-mail to acap.ansbach@serco-na.com.

Youth sports registration

USAG Ansbach Child and Youth Services spring sports registration ends Friday for developmental T-ball (ages 3-5), Pee-Wee T-ball (ages 6-7), coach-pitch baseball (ages 8-9), bantam baseball and softball (ages 10-12), junior baseball and softball (ages 13-15), senior baseball (ages 16-18) and spring bowling (ages 6-15).

Age cutoff date is June 15 and youth will be places in their proper age group according to their playing age.

A 10 percent multiple child discount will be given, and deployment and coaching discounts may also be available.

Participants must have a current CYS health assessment at the time of sports registration. For more, call DSN 467-2533 or CIV 09802-83-2533 on Katterbach, or DSN 467-4880 or CIV 09841-83-4880 at Storck Barracks.

Autism support group

The USAG Ansbach Autism Support Group meets Wednesday and March 19 from noon to 1 p.m. on Katterbach and March 20 on Storck Barracks.

The group’s sessions give families a chance to discuss concerns and share ideas. Topics include current theories, behavior management, inclusion techniques, stress management and whatever parents would like to discuss.

For more on the group or for exact locations, call DSN 467-2516 or CIV 09802-83-2516 on Katterbach, or DSN 467-4752 or CIV 09841-83-4752 at Storck Barracks.

Preschool drama time

The Terrace Playhouse offers preschool drama time Thursdays from 10-11 a.m. The class is a parent and child interactive and directed playtime that is open to children ages 5 and up. It gives parents and children an opportunity to explore their creativity together.

The playhouse is located in Bleidorn Housing Area. For more, call DSN 468-7636 or CIV 0981-183-636.

Bamberg Briefs

Take an ODR trip this March

Check out the great destinations planned in March. Visit the BMW Museum Saturday, or head underground during the famous tour under Bamberg, March 6. There’s still time to learn how to snowboard during a one-day lesson March 8. Take a hike through Little Swiss March 15 or take in some spring skiing during a three-night trip to the Austrian Alps March 21-24. Visit Cologne for the day March 22. Trips fill up quickly, so reserve your seat now. Contact the CAC for more info at DSN 469-8659.

World Thinking Day

Girl Scouts, family, and friends are invited to participate in World Thinking Day, Saturday at 10 a.m. at Bamberg Elementary School in the multi-purpose room. This year’s theme is “Think about Water”. There will be displays about different countries, a collection for the World Friendship Fund, a clothing drive and the opportunity to earn badges. For more information please contact Patty Sahli at CIV 0951-297-3679 or e-mail pattysahli@gmail.com.

Thoroughly Modern Millie

See the hit musical performance of “Thoroughly Modern Millie” at the Stable Theater March 3-9 and March 13-16. Shows are at 7:30 p.m. and on Sundays at 5:30 p.m. Tickets are on sale now and cost \$9 for adults and \$7 for children. Family and group discounts are available. Call CIV 0951-300-8647 to reserve your seat today.

JROTC Drill Team needs sponsors

The Bamberg High School JROTC Drill Team is looking for units to sponsor their members. The group is also in need of dress blue uniforms (used or new). Contact Sgt. 1st Class Young at DSN 469-8605 or via e-mail at prince.young@eu.dodea.edu.

Interested in a Federal Government job?

ACAP is holding Federal Application Seminar Monday from 1 to 3 p.m. Attendees should have already completed a two-day Transitional Assistance Program workshop prior to the lab. Please bring your VMET, TAP workbook, pencils, and paper. The next Federal resume writing lab will be April 14. For more information or to register call ACAP at DSN 469-8925.

College success seminar slated for March

Do you want to save thousands of dollars in college costs, hundreds of hours of research and eliminate the stress concerning the college process? Attend the JROTC College Success Seminar Tuesday at 6 p.m. at the Bamberg High School multi-purpose room featuring Terry Wilfong, College Success Expert, Author and President of the College Options Foundation. For reservations call DSN 469-8605 or CIV 0951-300-8605 or e-mail madonna.roberts@eu.dodea.edu.

Play bingo with the BSCC

Win big at the Bamberg Spouses and Civilians’ Club bingo night March 19. Prizes will be a variety of Merano glass and Venetian masks. Doors open at 6 p.m. and bingo begins at 6:30 p.m. in the BHS multi-purpose room. \$8 or \$15 packets are available and includes playing cards and raffle tickets.

Photos with Easter Bunny

Hop Along to the Community Activity Center Portrait Studio, Bldg. 7047, Sunday to have your picture taken with the Easter Bunny from 10:30 a.m. to 1 p.m. Photos are \$5 for the first 4 x 6, any additional is \$3. Make your appointment by calling CIV 0951-300-8659. The Portrait Studio will be closed March 15-31, please plan accordingly.

Egg-cellent Egg-stravaganza

School Age Services invites all children ages kindergarten through fifth grade to an “Eggcellent Eggstravaganza” March 20, from 6 to 9 p.m. at SAS, Bldg. 7669. Come join a fun evening of egg decorating, Dr. Seuss birthday celebration and a trivia game show about the incredible edible egg! Parents are encouraged to participate. Call CIV

0951-300-8698 for more information.

Easter egg hunt March 22

Bamberg Child and Youth Services is hosting a Community Easter Egg Hunt March 22 from 10 a.m. to noon at Pendleton Field. Age groups for the hunt will be 0 to 2; 3 to 5; 6 to 8 and 9 to 12. After the hunt children can compete in an Egg Toss, Egg Spoon Race, Bunny Hop Race and Egg Coloring. Call Archie Johnson at SKIES Unlimited for more information at CIV 0951-300-7452.

Spring Fitness program assessments scheduled

Operation Walk-4-Freedom and Civilian Fitness Program assessments will take place March 25, 10 a.m. to 1 p.m. and March 26, noon to 3 p.m. at the Freedom Fitness Facility. Enrollments, fitness and health assessments, and fitness consultations will be conducted at theses times. Contact Angela Hunter at CIV 09721-96-6793, e-mail angela.hunter2@eur.army.mil for more information.

Get fit by boxing

Boxing conditioning classes are a challenging full-body workout that builds agility, coordination, speed, endurance, and confidence. Classes are free, sign up at the Freedom Fitness Facility at DSN 469-8890, or call Staff Sgt. Perez at CIV 0175-96-55-703. Classes meet Friday at 6 p.m., Saturday and Sunday at 3 p.m. at the FFF boxing room.

BES needs AR volunteers

Bamberg Elementary School is looking for parent volunteers to help with the Accelerated Reader program. For more information please contact Pam Pullman in the school media center or e-mail pam.pullman@eu.dodea.edu.

Health Clinic hours

The Bamberg Health Clinic hours: Monday-Friday Primary Care - 7:30 a.m. to 4:30 p.m. AD Sick Call - 7 a.m. to 8 a.m. Nurse Advice Line - 8 a.m. to 4 p.m. **Closures:** The clinic is closed on American holidays and training holidays except for previously scheduled appointments and pharmacy. The clinic also closes every second and fourth Thursday of the month for mandatory training.

Schweinfurt Briefs

Community gets updated

Come to the Community Update Forum to express your thoughts or to get valuable information you can use. Schweinfurt holds its CUF at Schweinfurt Elementary School on Askren Manor March 11 at 6 p.m. Wuerzburg holds its CUF at Community Activities Center on Leighton Barracks March 12 at 6 p.m. For more information, call DSN 354-6933 or CIV 09721-96-6933.

Orientation for newcomers

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program, held by Army Community Service, begins Monday and runs through March 7. Free childcare is available for the entire week. Get acquainted with the military community as well as the German town of Schweinfurt. For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Teen AFAP set in Leighton

Are you a teen that would like to see change in your immediate community or the Army in general? Submit an issue or join the Army Family Action Plan delegate team at Leighton ACS, Bldg. 14, March 4 from 8:30 a.m. to 2:30 p.m. Issue boxes can be found throughout the high school. For more information, call DSN 350-7103 or CIV 0931-889-7103.

ACS deployment class

Join Army Community Service in the “Don’t Sweat the Deployment Stuff” class in the Ledward Yellow Ribbon Room March 11 from 10 a.m. to noon. Become more equipped to deal with the current deployment as well as more prepared for the future. Learn how to battle stress and how to beat the deployment blues. A class for kids will be held March 10 in the Yellow Ribbon Room from 5 to 7 p.m. Kids can talk with other kids about their deployment experience and learn how to cope better with a parent being absent. During this

class, kids will be given cards and key chains to decorate for their parent downrange. For more information, or to sign up, call ACS at DSN 354-6933 or CIV 09721-96-6933.

Shop at spring bazaar

Come to the 2008 spring bazaar sponsored by Schweinfurt Community Spouses’ Club at Finney Fitness Center on Conn Barracks March 7-9. More than 50 international vendors will be there selling their wares tax-free. Bazaar runs 10 a.m. to 7 p.m. Friday, 10 a.m. to 6 p.m. Saturday, and 11 a.m. to 5 p.m. Sunday. Shopping is open to all U.S. identification card holders. Checks and credit cards for payment are welcome. Strollers are welcome, but no pets are allowed.

Military Saves Week

This week is Military Saves Week and Army Community Service, Community Bank, and Andrews Federal Credit Union have partnered up to present two community-wide financial seminars Friday at the Ledward Theater from 10-11 a.m. and 1-2 p.m. Seminars are designed to offer resources on how to save and invest for future financial prosperity. For more information, call DSN 354-6933 or CIV 09721-96-6933.

Learn German kid’s music

Would you and your 3 or 4 year-old child like to learn music traditionally taught in a German Music Schule? Sign up for Army Community Service’s “Wee can do it” class, Kinder Musik, held at Schweinfurt’s Abrams Center, Tuesday from 10-11 a.m. Parents and children will play German games and sing German songs together. Class space is limited to ten children with accompanying parent. For more information, or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Single Soldier events slated

Participate in Better Opportunity for Single Soldiers events throughout the winter. All instruction, materials, and games are provided free of charge. Call the new BOSS telephone number DSN 353-8476 or CIV 0170-725-6464 for more information.

■ Cosmic bowling, Kessler Bowling Alley, Friday, 11 p.m. to 1 a.m.

■ Wii Warrior Challenge: boxing, bowling, golf, baseball, & tennis tournament, Finney Fitness Center, March 7-8.

■ BOSS Olympics 3-on-3 basketball tournament, Finney Fitness Center, March 12.

■ BOSS Olympics 4-on-4 volleyball tournament, Finney Fitness Center, March 13.

Shop at Easter markets

Travel with USAG Schweinfurt Art Studio on Sundays in March to shop for crafts and supplies. Free transportation is provided and leaves from the studio at 8 a.m. and returns at 6 p.m. Michelstadt will be visited on Sunday and Zeigenhain March 9. A stop at a flea market is planned for each trip. Bring euro for entry fees, shopping, and eating. Sign up in advance. For more information, call the studio after 1 p.m. Wednesday-Saturday at DSN 354-6903 or CIV 09721-96-6903.

Travel with USO to Slovenia

Plan ahead for your spring break trip! Join United Service Organization on a bus trip to Slovenia for only 349 euro per person April 4-9. Ask about reduced children’s price. Arrive in Portoroz and take advantage of the beach or water sports or take the full-day excursion to Lipica and Postojna to see fascinating caves where the oldest creatures on earth still live. In Lipica, watch a performance of dancing horses. On another day, take an excursion to Venice, Italy, to see glass blowers, ride a romantic gondola, or explore on your own. For more information about tour inclusions and supplementary costs, call USO at DSN 354-6711 or CIV 09721-96-6711.

Symphony plays in town

Come listen to the symphony orchestra of Bamberg play at the Schweinfurt Theater on Rossbrunnstrasse 2 on Friday starting at 7:30 p.m. For tickets, call CIV 09721-510 Monday–Friday from 8 a.m.–6 p.m. or Saturday from 10 a.m.–2 p.m.

Schweinfurt Easter market

Come see Schweinfurt’s Easter market at parish hall Maria Hilf on Fritz-Soldmann-Strasse 33 from 3-6:30 p.m. Saturday or 10 a.m.-5 p.m. Sunday. Browse the crafts and learn how Germans decorate for the Lenten season.



Photos by Katie Cowart

The Castle District is one of the most visited areas of Prague. Castle Hill includes the castle itself and the Gothic cathedral St. Vitus. The Strahov monastery and brewery is located nearby as well.

Visit the city renowned for centuries of history

byALICEADLER
Special to the Bavarian News

Now that the holidays are over, you may be looking at a long stretch of time before your next chance to take leave. If you ache to travel and see some of Europe’s grand cities before that next period of block leave, consider spending your next long weekend in Prague.

About a three hour drive from nearly anywhere in Bavaria, Prague is well worth a visit. This grand capitol of the Czech Republic has something for everyone: historians, artists, party animals, and shoppers.

Dominating the city is Prague Castle, a huge hilltop complex of houses, churches, and monuments. The most prominent building on the Castle hill is the grandly Gothic St. Vitus Cathedral. This house of



The Astronomical Clock in the Old Town Square does not tell the actual time, but tells the phases of the moon, seasons, and Christian holidays.

worship boasts 21 ornate side chapels and stunning stained glass windows. Be sure to check out the Cathedral’s exterior as well.

The façade is decorated with statues of saints and beautiful bronze doors that have relief work showing the construction of the Cathedral. The back of the Cathedral is an impressive sight with an intricate network of flying buttresses. After circling the Cathedral, continue to wander through the buildings of Castle Hill.

Bring a good guidebook that will tell you about the historic places you will pass.

When you are finished on Castle Hill, walk down one of the long sets of stairs and make your way to Charles Bridge. One of many bridges spanning the Vltava River, the Charles Bridge is by far the best known, and one of the most visited sights in Prague.

This 1,700-foot-long pedestrian walk way is known for two different things that line its walls. The first attraction is the 30 statues along both sides of this celebrated bridge.

The statues mainly depict saints and religious figures. Saints both famous and unknown are represented here. St. John the Baptist and Saint Wenceslas have statues here alongside the lesser known Saint Lutigarde and Saint Adalbert.

The other main attraction along the Charles Bridge is the numerous artisans and musicians that congregate here daily. Paintings and drawings, handmade jewelry and pottery, and other craft items are for sale on both sides of this ancient path. Return to the Charles Bridge at night, as well, after the salesmen have gone. The Cathedral on Castle Hill is lit until midnight, making Charles Bridge a wonderful post-dinner romantic stroll.

After you cross Charles Bridge, head for the Old Town Square. This large square is surrounded by beautiful baroque style buildings, churches and boasts numerous

cafes. Stop here for some coffee and gaze around one of the most beautiful town squares in Europe.

One of the most popular sights in Prague is here in the Old Town Square. The Astronomical Clock is an amazing scientific instrument to behold. This extremely complex clock, built in 1410, does not actually show the time.

Its numerous dials and hands show the phases of the moon, the seasons, the date, the equinoxes, and various Christian holy days. Twice a day, at 8 a.m. and 8 p.m., the clock chimes and its glockenspiel kicks into action showing a morality play featuring the 12 Apostles sliding by, while figures depicting greed, death, vanity, and corruption dance below.

The history buff will want to pay a visit to some of the oldest sights in European Jewish history. The Old-New Synagogue, built in 1270 is Europe’s oldest Jewish house of worship. It is still in use today, over 700 years later. Across the street from the synagogue is the darkly beautiful Old Jewish Cemetery, one of the worlds most crowded burial grounds.

Laws of the 15th century did not allow Prague’s Jewish population much room to bury their dead, so graves were dug so that they could accommodate 12 bodies vertically. The gravestones were then crowded together on the surface, one in front of another.

The resulting sea of gravestones is a stark reminder of the long, hard history of Jews in Europe.

Travelers looking for shopping will not be disappointed. Local artisans turn out beautiful works of all kinds. Pottery, paintings, and other works of art can be bought from streetside vendors as well as upscale galleries.

Deep red garnets, a semiprecious stone mined in the Czech Republic, are sold at every turn in every conceivable kind of jewelry. Some of the world’s finest crystal and glassware is also for sale, glittering in well-lit store windows.

If it is nightlife you seek, Prague delivers. Upscale dining, smoky bars, pulsing nightclubs, and refined classical concerts are all available nearly every night of the week.

Prague is the most international of cities, and as you work your way through the theaters, bars, and clubs, the multilingual babble of students from across the globe will astound.

No matter what you come to Prague to see – history, art, nightlife – you must be sure to partake in the

most enchanting activity the city has to offer. Put away your map and guidebook and get lost.

That’s right, wander the labyrinths of twisting alleyways and convoluted side streets. Every twist and turn will bring you face to face with stunning architecture, cute shops, quaint restaurants, and hundreds of years of history.

A few hours wandering the back streets of Prague is an experience not to be forgotten.



The Church of Our Lady Before Tyn dominates the view of the Old Town Square directly opposite of the Astronomical Clock.

Army’s vice chief of staff visits Task Force XII Soldiers while downrange

Story and photo by
Sgt. BRANDON LITTLE
Task Force XII Public Affairs Office

Army Vice Chief of Staff Gen. Richard Cody made a special visit to the Task Force XII area of operations Feb. 12.

Cody, who is a master aviator with more than 5,000 hours of flight time, was briefed by Task Force XII Soldiers on current and future operations.

Since taking on the responsibility of providing aviation support to Multi-National Division–Baghdad, Task Force XII Soldiers have adjusted to their new mission while continuing to improve operations each day, said Col. Timothy Edens, the commander of Task Force XII.

Cody was briefed on the tactics, techniques and procedures being used by Task Forces XII.

“Task Force Storm currently launches (nearly 75 percent) of our aircraft every day,” said Lt. Col. James Macklin Jr., the commander of Task Force Storm. “Due to the outstanding job of our (flight crews) and maintainers, I think we’re doing a great job of providing the division what they need.”

“Our unmanned aerial vehicle pilots are well trained and our handoffs (with brigade combat teams) are going pretty good,” said Capt. Shirwen Separa, the commander of Company G, Task Force XII.

Cody commended “Griffin” Soldiers on their excellent safety record since they’ve been in theater.

“You’re the first combat aviation brigade to not have an accident within their first 90 days in theater,” he said. “You’re off to a tremendous start, so please continue to do whatever you’re doing.”

Although Lt. Gen. Raymond Odierno will replace him as the Army’s vice chief of staff in the next few months, Cody says, the Army will continue to provide aviators the tools they need to complete their missions.

Cody concluded his visit by thanking the leaders of Task Force XII for a job well done and reminded them to continue to look out for their Soldiers.

“Remember to take care of those wonderful maintainers and crew chiefs because they are just as important as the pilots,” Cody said. “This (task force) has shown great discipline and I’m awful proud of you and what you’ve been doing.”



Col. Timothy Edens, right, commander of Task Force XII, escorts Gen. Richard Cody, the Army's vice chief of staff, into the Task Force XII tactical operations center. Cody is one of the Army's most senior aviators.

Customer evaluation system ensures your voice is heard

by **JIM HUGHES**
USAG Ansbach CI Chief

It’s a win-win situation if people use it.

Customers can make their voices and needs heard, while management throughout organizations in the U. S. Army Garrison Ansbach footprint can find out what works, what needs improvement, get new ideas and identify top performers.

This is if customers put their thoughts on ICE.

The Department of Defense’s Interactive Customer Evaluation system is the “voice of the customer” and management at Ansbach is eager to hear those voices, said Willie Vigil, garrison ICE program manager and plans specialist.

“We need to hear from our customers—what they want,” Vigil said. “And if areas need to improve, we need to hear that, too. We want to provide world-class service at this installation and this is one of the tools we use to do that. Soldiers and Families deserve the best for what they are doing for our country.”

ICE is Web-based and can be immediately accessed by clicking on the ICE logo at the USAG Ansbach home page at <http://www.ansbach.army.mil>. The site can be reached from any computer with Internet access.

Customers can then locate the area they wish to comment on and then fill out a quick survey that takes on average about three minutes to complete, depending on how much the customer wants to write.

Vigil said the garrison averages about 100 comments a week, but leadership would like to

see the program used even more.

“The commander (Lt. Col. Tammy McKenna, garrison commander) is very interested in what customers have to say and pays attention to the comments that come through ICE,” he said. “When we have meetings to talk about services, hours of operation and such, she always asks if we have had any ICE comments on the subject.”

Customers can use the program to make just about any comment they would like—compliment great customer service, identify a need, or propose an idea to do things better—but some comments are more valuable to organization managers than others.

And while customers can choose to remain anonymous on their comments, Vigil said contact information helps managers put the feedback to the best use.

“The feedback we need the most is constructive comments,” he said. “Sometimes people give us what we call sniper shots, where they say ‘You guys are great!’ and give us no contact information.”

“That’s nice, but it helps us a lot more if they give us contact information so we can get back with them and find out what was great about the service so we can make sure we keep doing it. And the contact information won’t be used to beat people up about their comments—it’s just a tool we use to get more information on



addressing comments and concerns.”

An example of success through the ICE program is operations at the community mail rooms. Described by Vigil as one of the organizations with the most ICE activity, the CMRs received hundreds of positive comments on the services they provided through the holidays.

“This lets managers know they are doing things right and they can continue doing it that way,” he said. “And if that feedback starts to change, then they know they need to make adjustments.”

The ICE Web site also provides added value to customers. Each organization has information such as operating hours, services provided and some even have answers to frequently-asked questions.

As a military-wide program, comments are analyzed at the local level all the way up through IMCOM and DOD, with analysts and strategic planners like Vigil looking for “customer momentum,” he said.

“It’s not a scientific poll, more of an opinion poll, but it does give managers and decision makers a base for making decisions on, as generic examples, things like: is more child care needed, are auto hobby shops needed at each installation, are extended hours at certain facilities needed,” Vigil said. “Every comment is looked at and addressed.”

Gary Sowders, garrison plans, integration,

and analysis officer, added that for the program to work, customers, of course, need to provide feedback, both positive and negative. But he added that organization managers need to realize the program is here to stay, how it can help them, and not fear the program.

“Most of the comments we receive, believe it or not, are positive,” Sowders said. “But even when they are not positive, they are usually constructive. As a manager, you can’t ask for anything better than that.”

“As an organization manager, you want to know when things aren’t working,” he continued. “Of course, you also want to know when things are working—everyone likes praise. But we pay managers to fix problems; fix challenges. You can’t fix what you don’t know about and if something isn’t on your radar screen, you’re probably not going to work on it.”

To help put some extra emphasis on the program with organization managers and employees throughout the Ansbach footprint, Vigil said a rewards program is in the works to recognize agencies that put ICE to good use. Details are still in the works, but he said that plaques to display in the organization and recognition in a public forum are in the works.

For more on ICE, or if you have any comments or problems with the system, Vigil leaves himself open to the same feedback the program requires of all agencies—just click on the system administrator link on the ICE page, or give him a call at DSN 468-7566, or CIV 0981-183-566.

ACS’ Hearts Apart program offers support for deployed spouses

by **RONALD H. TOLAND Jr.**
Bavarian News

Separation is a fact of life for military families, and U. S. Army Garrison Ansbach Army Community Service wants to help people get through it.

Hearts Apart is a monthly program designed to do just that, said Pam Thomas, acting ACS deployment readiness program manager and coordinator for the program.

Thomas said the mission of the program is to provide a quality educational and informational forum that promotes self-empowerment, social networking, community support and self-reliance that minimizes the impact of deployment and separation.

In a letter announcing the program to family members, Brig. Gen. Belinda Pinckney, commander of the Army Family and Morale, Welfare and Recreation Command, wrote, “It is essential for families to have the resources to cope while their Soldier is away and for Soldiers to know their families are being cared for at home.”

ACS intends Hearts Apart to help with that.

“The program is pretty new,” Thomas said. “It has been in effect DOD wide since June of 2007, but USAG Ansbach ACS has been working on plans for it here since October.”

Thomas said the program is flexible and will

“ This program helps me get out of the house more... and realize I am not alone. ”

Leah Kelly
5-158th Aviation FRG Leader

not always cover the same topics.

“It is needs focused and driven, and customizable to meet the needs of the community,” she said. “We’ll conduct a needs assessment prior to every conference and base the next program’s topic on those considerations.”

A wide range of topics on how to better manage the time apart and cope with stress will be considered for each meeting. Thomas said some possible topics are employment, child care, healthcare, nutrition, exercise, and education.

In addition, a panel of experts—like Military Family Life consultants—will be on hand to provide briefings and answer spouses’ questions.

Another possible topic is spiritual fitness, which will include a chaplain speaking on an assortment of topics. However, Thomas said that just because a topic of that nature may arise, it does not mean the meetings are strictly religious based where a chaplain will try to push religion on participants.

“We want people to know that this is not a religion-based event and that the chaplain is not

here to change your beliefs—they are here to share their knowledge, offer guidance and communication skills to help people cope with the deployment. It is important that attendees be comfortable and focused during the meetings.”

Hearts Apart is a collaborative effort between the chaplaincy, ACS, and other community agencies.

Chaplain (Maj.) Juan Crockett, USAG Ansbach Family Life Chaplain, said the purpose of the program and the reason for a chaplain to be on hand is to support the cause and to be there for those who need guidance—religious or otherwise.

“This is an ACS program and what the program is designed to do is help spouses and Soldiers to stay connected,” Crockett said. “It keeps them connected and our role is to synergize (the program effort with ACS), and equip both spouses and Soldiers with the essential skills and tools they need to maintain and sustain their relationships through communication before the Soldier returns from

deployment.

“We are here for them if there is a need, and to meet the needs of spouses, we are helping (spouses) bridge the gap,” Crockett said.

Thomas noted that it is an open-forum type of discussion and not too structured.

“It has to be,” she said. “Otherwise, it loses some of the discussion elasticity that is necessary—and we do not want to cut someone off and lose that person to happenstance.”

Leah Kelly, Family Readiness Group leader for 5-158th Aviation and participant in the program, knows firsthand that life during deployment can be challenging.

She said Hearts Apart gives her a chance to circulate more.

“This program helps me get out of the house more, connect with other spouses, and see what they are going through and realize I am not alone,” Kelly said. “As an FRG leader, it helps me communicate with other spouses to get out as well and attend, and let them know that there is a support group out here for us.”

She added that Hearts Apart gives spouses a chance to network, talk to other spouses and tap into the resources ACS provides.

Meetings will alternate monthly between Illesheim and Katterbach ACS facilities and the Katterbach Chapel Fellowship Hall.

For more information on Hearts Apart, call ACS at DSN 467-2553 or CIV 09802-83-2553.

WHY I SERVE

Real estate agent joins to serve country, self-improvement, improves unit in process

Story and photo by
Sgt. BRANDON LITTLE
Task Force XII Public Affairs Office

A little more than two years ago, Juliana Rizzo was a real estate agent living in Long Island, N.Y., with her two children, Angelo and Amanda, when she decided it was time to fulfill her childhood dream.

“As a little girl, I always wanted to join the Army because my father and grandfather spent several years in the military and served their country proudly,” said Rizzo, a supply specialist in Company E, 3rd Battalion, 158th Aviation Regiment. “I don’t know if my father ever deployed, but my grandfather served in the Korean War and Vietnam—they’ve both become very successful (in jobs outside of the military), but they started their education in Army.”

Rizzo, the daughter of an airplane mechanic and granddaughter of a NASA radio communications transmitter, has also achieved plenty of her own success in the short time she’s been in the military.

“When (Rizzo) arrived to unit, only three days after the unit was established, she was a private fresh out of advanced individual training and she had a hip problem that really bothered her,” said Company E 1st Sgt. Foy Dix. “I had a talk with her and told her that being in the Army means sometimes you have to overcome pain—within 60 days she nearly scored 300 points on her physical fitness test.”

In addition to overcoming physical adversity, the new private also had to

learn her job quickly and with little supervision.

“Her supply sergeant went to the basic noncommissioned officer course while the unit was still being set up, so she had to set up the unit supply office by herself,” said Dix, a native of Ventura, Calif. “She also helped run a company that had no commander, just a first sergeant and three flight lieutenants.”

Even though her leaders said they were already impressed with her work ethic and determination in keeping track of more than \$3.5 million worth of unit equipment, Rizzo’s most attention-grabbing performance was yet to come.

“When we were in Hohenfels, going through Iron Warrior training, she went up to the Iraqi role players and started talking to them in their own language,” said 3rd Bn., 158th Avn. Reg. Command Sgt. Maj. Chad Cuomo, a native of Troy, N.Y. “Nobody knew that she spoke Arabic, and it especially shocked the role players—she was definitely the hero of the battle out there.”

That ability was homegrown. “I learned Arabic in my Long Island neighborhood, and I pretty much taught myself a lot of the words and phrases I didn’t know,” said Rizzo. “I’m not very fluent in Arabic, but I do know enough to communicate. I also speak Spanish and I know some phrases in Hindi.”

This multi-lingual Soldier does a lot more than just handle unit supplies: she operates the company arms room, does public affairs for Company E and she takes time to listen to some of the



Cpl. Juliana Rizzo, a supply specialist in Company E, 3rd Battalion, 158th Aviation Regiment, checks the serial number on a pair of night vision goggles before giving them to Spc. Craig Carter. Rizzo, a native of Long Island, N.Y., also operates the company arms room and does public affairs for Company E.

issues her fellow Soldiers are having, Dix said.

Rizzo made such a strong impression throughout the battalion that she was sent to the Warrior Leadership Course as a private first class, Cuomo said.

“I went down and talked with the WLC sergeant major two days after the course started and I asked him, ‘If I had a high-speed private first class, would you take that person?’” Dix said. “The course was a little rough for her because she was the only private first class there, but she made

it through and graduated in the top 17 percent of her class.”

Rizzo was promoted to specialist shortly after arriving in Iraq, and went to the promotion board four months later. She received 150 points in the promotion board, and was recently laterally promoted to corporal.

She continues to set the standard and then exceed that standard, said Dix.

“I just try to give 100 percent in everything I do, and I always try to do above what is expected of me,” Rizzo said.

This mother of two, and soon to be sergeant, is fulfilling her childhood dream of being in the Army and she is taking online classes to one day receive a bachelor’s degree in criminal justice. She says she hopes to one day be an Army career counselor or an Arabic linguist.

“If she continues to do what she’s doing now, I see her being a sergeant promotable before we leave Iraq,” Dix said. “I know I couldn’t do as much she does and continue to smile—I have no doubt that if I had five of her I could run an entire platoon.”

Map makers help guide pilots in right direction

Story and photo by **Sgt. BRANDON LITTLE**
Task Force XII Public Affairs Office

When it comes to Task Force XII operations, three Soldiers add an essential element to every aerial mission.

While aviators are providing eyes in the sky for ground personnel, these Soldiers are providing aviators with a clearer picture of the terrain they’re flying over and landing on.

Pfc. Todd Liebhart, Spc. Jay Mallison, and Spc. Ramon Perez make up the Task Force XII topographic analyst team that constructs the up-to-date maps air assault operations officers use to plan and pilots use to execute their missions.

“We compile data given to us from several sources into a map that shows the area of operation for each brigade combat team, as well as any major terrain features,” said Liebhart, a native of Eugene, Ore. “The information we analyze and put together helps personnel to better plan their movement from one place to another.”

Before flight crews take off, there are a number of things that must be taken into consideration and these maps help them figure some of those things out, said Mallison, a native of Binghamton, N.Y.

“Pilots need to know what BCT zone they’re leaving and entering, because different brigades are responsible for different areas,” he said. “If something happens, and that pilot needs help, he has to know which brigade call sign to use.”

In addition to showing BCT zones, these maps can also pinpoint objects on the ground that could impact aviation operations.



Pfc. Todd Liebhart, a topographic analyst in Headquarters and Headquarters Company, Task Force XII, looks over a map recently updated with a brigade combat team’s area of operation. Liebhart has been making terrain analysis for almost four years.

“Our maps can show vertical obstacles such as power lines, tall towers, and anything higher than 50 feet,” said Perez, a native of Coamo, Puerto Rico. “It all depends on what the customer requests, because we can also put mosques and other religious structures on the map for them.”

These maps play a crucial role in planning routes and conducting air assaults, said Capt. Caleb Van Dyken, a UH-60 Black Hawk pilot and

air assault planner for Task Force Storm.

“Without the ability to go out and physically recon all the objectives, it’s important for us, as aviators, to get a good map recon of the area prior to going in on an air assault,” Van Dyken said. “A terrain analysis gives the aviators an idea of what they’re going to see coming inbound to each landing zone.”

Even though helicopters are equipped with global positioning systems and other high-tech

devices, pilots still use maps for the old-fashioned reason—to let them know which direction to go.

“Even though our aircraft have GPS, we have to use maps to input data into the guidance system to get us where we’re going,” said Lt. Col. Charles Bowery Jr., the Task Force XII executive officer and an AH-64D Longbow Apache pilot. “These maps can come in handy if a pilot gets lost, or they can be used as a backup to guidance systems.”

Since moving to Taji, the Task Force XII terrain team has printed more than 100 maps and completed more than 160 requests for information.

“When customers turn in an RFI, we go over it with them and let them know what information we already have, and they let us know if they need more information,” Perez said. “These RFIs help us keep track of what the customers want and they help us keep our maps as current as possible.”

“We are constantly communicating with other terrain teams and helping each other out,” Liebhart said. “So if there’s something we’re working on, or information that we have that the other teams don’t, we help them and vice versa.”

When it comes to how they feel about their jobs, these mapmakers say they love their jobs and they know pilots appreciate the services they provide.

“I think our topographic analyst team does a fantastic job,” Bowery said. “These guys provide us with an invaluable service—they provide an essential product that goes on every mission flown by Task Force XII pilots.”

Job shadowing lets students get hands-on

Story and photos by JAMES FREDRICK
Bavarian News

Bamberg High School juniors and seniors stepped out of the classroom and into the adult workforce during a job shadow day Feb. 13.

The annual activity, hosted by the 15th Battalion Army Junior Reserves Officer Training Corps Cadets, gives more than 50 high school students a chance to explore career opportunities by experiencing them first-hand.

This year, the students shadowed adults in a variety of career fields during the course of a normal workday at more than 20 different garrison agencies and units located at Warner Barracks including the dental clinic, the veterinary clinic, the dining facility, Military

Police, Bamberg Health Clinic, the elementary school, Community Bank, and the Stable Theater, to name just a few.

Alexandra Biquelme, 16, enjoyed the time she spent working alongside the staff at the Bamberg dining facility, or Ray's Diner.

"It was a very friendly environment," said Biquelme between dishing out portions on the serving line to hungry patrons. "I've got a great understanding of what the staff does here on a daily basis."

In addition to working the serving line, the students at Ray's Diner helped prepare the food for the day plus organize and store goods behind the scenes.

Sgt. 1st Class Evan Leach, dining facility NCOIC, commended the students who worked with his team.

"Overall, they showed up motivated and have done an excellent job," he said.

High school junior Jaleesa Knuckles spent the day at the Bamberg dental clinic, discovering the basics of dentistry while shadowing Capt. Aaron Brooks.

Knuckles assisted with patient X-ray's, learned about anesthetics, and got an up-close look at a thorough checkup.

Besides being educational for the shadows, Brooks said he had the opportunity to learn a bit as well.

"Working with



Capt. Aaron Brooks walks Jaleesa Knuckles through a routine dental exam as part of her day at the Bamberg Dental Clinic.

Jaleesa today really gave me some good opportunities to brush up my teaching skills," he said.

Tiffany Miskell, 17, daughter of Spc. Brandon Daar, 173rd Special Troops Battalion, spent the day shadowing Capt. Michael Hansen, Officer in Charge at the Bamberg veterinary clinic. Miskell learned the ins and outs of the office routine and accompanied Hansen during his appointments throughout the day.

Miskell said she has no immediate plans to pursue a career in veterinary medicine, but

signed up for the day at the veterinary clinic to broaden her horizons.

"I decided to come here just to have a brand new experience," she said. "The staff here made me feel really comfortable so I was able to ask lots of questions and learn a lot."

A ceremony will be held Monday at the high school conference room to thank all the garrison agencies and units that participated in the program and to allow the students to share their future career goals with the adults they shadowed for the day.



Tiffany Miskell keeps Duke calm during his checkup with Bamberg veterinarian Capt. Michael Hansen.

Logistics sergeant coaches boxing to promote well-being

by Sgt. KEITH M. ANDERSON
16th SB Public Affairs

While other Soldiers use their off-duty time to rest and recuperate, one non-commissioned officer pushes himself and a handful of enthusiastic boxing students to physical exhaustion and athletic achievement.

Staff Sgt. Ferdinand Perez, recently the excess turn-in non-commissioned officer for Task Force Knight, Schweinfurt, and a logistics supply non-commissioned officer for 240th Quartermaster Company, 391st Combat Sustainment Support Battalion has coached more than 100 people in the Army, and taken several to championships.

His boxing team took second place at the US Forces European boxing championships in Wiesbaden June 15 to 18, 2006. It was the first time a Bamberg team participated in the event.

"I'm able to teach what I know, I enjoy the time while I'm coaching and I can see the product of my sacrifice," Perez said.

The 33-year-old from Moca, Puerto Rico, has boxed since he was seven years old. He represented Puerto Rico at the 1999 Pan-American Games where he won a silver medal. Now he gives back by coaching at the Freedom Fitness Facility at Bamberg.

Perez is currently coaching 10 Soldiers to prepare them for the US Forces Europe boxing championship scheduled for April 2008, but



there are slots for more Soldiers.

For Perez, boxing began early in his life.

"When I was in first grade, you know, I used to get in trouble," Perez said. "I used to get beat up by kids older than me and bigger than me. Then my daddy told me 'hey I'm going to take you to a boxing gym and I'm going to teach you how to fight.'"

While other children were out playing, he was in the gym with his dad.

Staff Sgt. Ferdinand Perez tapes Staff Sgt. Victor Sotomayor, property book office non-commissioned officer, Headquarters and Headquarters Company, 16th Special Troops Battalion, for boxing training at the Freedom Fitness Facility. Perez has coached more than 100 people in the Army, and taken several to championships.

Courtesy photo

"I took it real serious because it's all about discipline," Perez said. "After that, I kept winning and winning and winning fights and I made the tryouts and I got into the Puerto Rico Boxing Federation and I was able to represent the island."

But boxing is more than just a sport for the married father of one.

"I think that boxing helps Soldiers to stay physically fit and be combat ready at all times,"

Perez said. "That's one reason why I think boxing is great because you don't know when you're going to have to use your hands in self-defense."

For Staff Sgt. Victor Sotomayor, property book non-commissioned officer, Headquarters and Headquarters Company, 16th Special Troops Battalion, boxing helped him stay in shape.

"It's one of the best sports to condition your body," Sotomayor said. "You use almost every portion of your body when you box."

Sotomayor said he didn't worry about getting punched.

"Boxing is the art of hitting without getting hit," he said. "That's the goal."

The training also instills mental toughness and motivation.

"Discipline is a big point, if you don't have discipline you're not going to be successful," Perez said.

Perez said boxing is a family affair. His father, also Ferdinand Perez, owns a gym in Moca. He met his wife, Yajaira Jimenez, because his father coached her brother.

For Soldiers interested in competitive boxing, or just learning to box, Perez leads boxing conditioning Fridays from 6 to 8 p.m., and Saturdays and Sundays from 3 to 5 p.m. on the second floor at the Freedom Fitness Facility.

"Boxing is a big phase in my life that, I think, will never go away, because I will keep doing it until I die," Perez said.

Service Credit Union gives back to the community year-round

Story and photo by
AMY L. BUGALA
Bavarian News

The season for giving is year-round according to the Bamberg branch Service Credit Union, which recently donated another set of gift cards totaling \$3,000 to local Soldiers Feb. 4.

"I can already say on behalf of the Soldiers and families that will receive this generous donation, thank you," said Lt. Col. Gary A. Rosenberg, U. S. Army Garrison Bamberg commander, after accepting the 30, \$100 gift cards during a short presentation at the credit union.

USAG Bamberg Chaplain (Lt. Col.) Thomas Wild and the unit chaplains came together to identify Soldiers within the units that could benefit most from the gift cards.

"This is the largest monetary gift the Bamberg Chapel has been able to give an individual," explained Wild, who annually oversees the distribution of food vouchers and monies from the helping hand account during the holidays.

Service Credit Union has a long history of giving back to military communities during the holidays and throughout the year said Modesto U. Polintan III, Bamberg Service Credit Union branch manager.

The Bamberg branch supports community programs such as the Bamberg High School yearbook and the annual Community Expo and also organizes programs that match local contributions for disaster relief funds like hurricane Katrina.

"I am honored, and it gives me great pleasure to represent Service Credit Union and to give back to my

community!" said Polintan.

The post-holiday donation now brings the combined total given to the Bamberg community since Thanksgiving to \$4,000 he said.

The first set of gift cards was distributed in November and together the monies represent part of a \$30,000 donation made by the credit union to over 14 military communities across Germany.

Lt. Col. Gary A. Rosenberg, USAG Bamberg commander, Chaplain (Lt. Col.) Thomas Wild and Spc. Jonathan R. Beasley, chaplain's assistant accept a \$3,000 donation to the Bamberg community by Modesto U. Polintan III, Bamberg Service Credit Union Branch Manager.



TF King, ANA conduct joint training

Story and photo by
Spc. GREGORY J. ARGENTIERI
173rd ABCT Public Affairs

Paratroopers from 4th Battalion, 319th Airborne Field Artillery Regiment, began training their Afghan National Army artillery brothers in February at Forward Operating Base Kalagush in Afghanistan.

Approximately 30 ANA artillerymen assigned to the Field Artillery Company, 4th Battalion, 3rd Brigade, 201st Corps, for the next several weeks will be learning to operate and fire the modern M198 155mm Howitzer by their U.S. Army artillery counterparts from 2nd Platoon, Alpha Battery, 4-319th AFAR.

One important area of focus for the ANA artillery training will be to come away fully capable and proficient in indirect fire in support of their troops on the ground. Indirect artillery fire is critical for the success of the fight in the mountainous terrain of Afghanistan.

“Everybody knows the ANA soldiers volunteer, so these soldiers are very interested in artillery and are determined to use this opportunity to learn from the U.S. Soldiers and gain more knowledge,” said Field Artillery Company commander ANA 1st Lt. Abdul Nasir Ahmadi, from Kabul. “These are not new soldiers. They have been working for the ANA for four or five years and have had lots of training.”

“The difference now is we have cooperation with the U.S. Soldiers,” Ahmadi said. “It is very important because hopefully in the future we will have a M198 howitzer.”

Currently the ANA uses the D-30 Russian howitzer.

“I really enjoyed shooting and I want to have lots of training on the modern howitzer,” said ANA Artillery crew chief, Sgt. 1st Class Falak Naz, from Jalalabad. “I have learned lots of things, different kinds of ammunitions, rounds, fuses and how to direct fire for the modern howitzer.”

Working side-by-side with the ANA provides U.S. Soldiers with more than just a training opportunity, but a better understanding of the overall mission and the importance of Operation Enduring Freedom.

“When I first started working with them, I wasn’t sure exactly what they would know and with the language barrier how difficult it would be to communicate with them, but since they came with interpreters and after I have been working with them, I have come to find out across the board artillery is artillery. So I think it’s just a matter of going from one gun to another,” said Army Staff Sgt. James F. Natiello from Aston, Pa., section chief, 2nd Platoon, Alpha Battery, 4-319th AFAR.

“It’s good to know these guys are here and they have experience. It gives us Americans confidence in people here to take care of themselves after we leave,” said Natiello.



Army Staff Sgt. James F. Natiello, section chief, 2nd Platoon, Alpha Battery, 4th Battalion, 319th Airborne Field Artillery Regiment, is demonstrating to an ANA platoon sergeant the proper posture to have while ramming an artillery round in the cannon firing tube of the M198 howitzer during artillery training Jan. 28 on Forward Operating Base Kalagush in Nuristan Province, Afghanistan.

The Alpha Battery Soldiers are happy to share their experience with their Afghan counterparts.

“We are helping them learn better techniques on handling and loading ammunition, our safety requirements and the things we do to be safe,” said Army Staff Sgt. Trenton R. Farris from Abilene, Texas, 1st section chief for 2nd Platoon, Alpha Battery, 4-319th AFAR. “Their motivation and attention to detail is much higher than we anticipated and their discipline is much better than the ANA I’ve seen in the past. It gives me more hope for the future as far as them being able to take over in their role as artillery for their country.”

Artillery section chief, Army Sgt. 1st Class Wade A. Hunter, from Queens, N.Y., 2nd Platoon, Alpha Battery, 4-319th AFAR, agrees that the training is important for the Afghans to properly defend their own country.

“As an artilleryman, artillery is the ‘King of

Battle.’ If these guys are proficient at artillery, looking at defending their nation and their citizens this is something you want to be skilled at, something you want to invest in,” said Hunter. “It has been proven that artillery is an effective means of defending yourself from the bad guys.”

“For me, this training is pretty exciting. It’s exciting enough training fellow Americans, but to do partnership training with someone from a different nationality and see how they do business you feel like you’re making a difference,” said Hunter. “The impact, the camaraderie, being exposed to another culture and getting a chance to impart your skills and knowledge, it’s hard to explain but it’s a good feeling.”

No matter what country you are from, artillerymen share a unique love for their job.

“When we were briefed on this mission, command told us these are our artillery brothers that are coming to train with us. I did not understand what that really meant until these

guys got here. Just through this training alone, no matter what nationality you’re from, no matter what your cultural background, artillerymen are pretty much the same,” said Hunter. “The artillery company shows the same kind of attitude when it comes to shooting a round or motivation, their excitement for the mission, it’s just like looking at another American group and that’s good to see. They do speak a different language but when it comes to body language and attitude, artillerymen are the same.”

“The plan is to have one-on-one training, to impart our knowledge to these guys. For a chief to learn a chief’s job or how he does business you talk to another chief. For a gunner to learn a gunner’s job the best person to talk to is a gunner and these guys are hands-on and excited,” said Hunter. “The mission is to get these guys to a point where we all can be on the same sheet of music.”

AFRICOM commander speaks on Black History at Bamberg

Story and photo by
Sgt. KEITH M. ANDERSON
16th SB Public Affairs

Gen. William E. Ward, commander, US Africa Command, Stuttgart, Germany, spoke to members of the Bamberg military community, among them leaders and Soldiers of the 16th Sustainment Brigade, during a Black History Month observance at the Warner Club here Feb. 14.

“We are here today in acknowledgement of — and to celebrate — this rich diversity and rich culture that is, indeed, America,” Ward said. “And it is something, I think, as a nation we ought to be very proud of. And as a community of people we ought to take into account what it means for others around the world.”

The four-star general, currently the Army’s only African-American four-star and leader of a major command, said it is important to acknowledge the progress made by minorities, and their contributions to the nation.

“Do you know that in our profession, as we are engaged in conflict and turmoil globally, when it comes to a life-saving measure, blood transfusions, that is now a part of the medical treatment and is now saving lives globally — it is because it was a black man that gave us that technology.”

Gen. Ward was referring to Dr. Charles Drew, a pioneer in blood collection and plasma processing, who developed mass production techniques for blood transfusions during World War II, and helped save many lives, according to the American Red Cross.

“By war’s end, millions of donations had been received by the Red Cross, donations that made possible the saving of thousands of lives of wounded US servicemen, lives that would



Pvt. Shakita Cuffee meets Gen. William E. Ward during a reception after the Black History Month observance at the Warner Club, Bamberg, Feb. 14.

have been lost in earlier wars when blood therapy was unknown,” according to the Red Cross Web site.

Pfc. Brishon Merriweather, property book office clerk, Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th SB, appreciated the chance to hear Ward speak on Black History Month.

“Actually I volunteered to help out, hang up coats, but I wanted to hear the general speak,”

Merriweather said. “It meant a lot. He’s the only African-American four-star general in the Army and he came to my post.”

Pvt. Shakita Cuffee, ammunition specialist, HHC, 16th STB, said the general’s comments highlighted the importance of the observance.

“I think it is important to celebrate Black History month because a lot of people may not have known a lot of the stuff he was talking about, like African-American contributions to different fields, and the

importance of diversity,” Cuffee said.

The Portsmouth, Va., native, who got to meet the general during the reception after the observance, said she thought the Army was doing well in including Soldiers of many different backgrounds into the fold.

“It’s not just white or black, there are many different cultures in the Army,” Cuffee said.

The general also told the story of Lt. Col. Gregory Gadson, an African-American Soldier injured in Iraq May 22, 2007, who became an inspiration to the NY Giants.

Gadson, who had served under Gen. Ward, and who had played football for Army as a linebacker during the late ‘80s, had a personal connection to the Giants receiver coach, Mike Sullivan, a former teammate at Army, and had spoke to the team at Sullivan’s request.

Gadson, who had to have 70 pints of blood, and two legs amputated after riding over a roadside bomb in Baghdad, first spoke to the team on Sept. 22, 2007, the evening before their third game, against the Washington Redskins, about the importance of not giving up.

Before the talk, the Giants were 0-2 and had allowed Dallas and Green Bay to score a combined 80 points. After the talk, the Giants, along with honorary co-captains Gadson and his son Jalen, finished the regular season 10-6 and went on to win Super Bowl XLII, in which they beat the undefeated New England Patriots 17-14.

Gen. Ward summarized his observance remarks with a universal message.

“The universality that individuals, human beings, have value, have worth, is not because they are of a certain hue or color, it’s because that in the eyes of God, a man or woman brings to this earth all the goodness that He envisioned, as we each were created,” Gen. Ward said.

Hal Snyder wins USAREUR incentive award

Story and photo by
KIMBERLYGEARHART
Bavarian News

No one had heard of the “I can do it” series of Army Community Service and Moral, Welfare and Recreation events until last summer. There’s a reason for that: they did not exist.

The “I can do it” series is the brainchild of Hal Snyder, ACS director, who spent six months last year as the interim MWR director.

“It was one of those three o’clock in the morning, can’t sleep ideas,” Snyder said. The program would combine MWR offerings such as the paintball course, auto skills, and the arts and crafts center with ACS education programs such as stress management.

Unique programming such as the “I can do it” series helps in “self-esteem and self-confidence building,” which are especially important in a deployed community like Schweinfurt, said current MWR director Mike Duday.

Such innovative programming does not go unnoticed, and Snyder was recognized with the U.S. Army, Europe Commanding General’s Annual Incentive Award for his work during his six-month stint as MWR director. The award, established in 1963, recognizes high-performing Soldiers and civilians in nearly 30 different areas.

Although recognized for an individual award, Snyder is quick to note that it takes a whole team of creative and dedicated people to make

three-in-the-morning ideas a reality.

“We were able to pull in Child & Youth Services, ACS, and MWR strengths ... and be creative with special events during a time when the community needed it most. I turned these great folks loose, and they made it happen. I just happened to be the guy in the seat,” Snyder said.

Snyder, now back in his “seat” as ACS director where he continues to lead the way for model community programs like Schweinfurt’s Soldier and Family Assistance Center, described his award-winning time as MWR director as “awesome.”

“There is nothing that we do in our lives that does not add to our bag of tricks. Our ideas, our leadership style, it all comes from these kinds of experiences.”



Hal Snyder, right, conducts a VIP tour of the newly-opened Soldier and Family Assistance Center in Schweinfurt last year.

Local kids donate hair to charity

Story and photo by
KIMBERLYGEARHART
Bavarian News

Kari Updike knows she has a couple of great kids.

Cacie, 8, and Paige, 9, are old enough now to understand what “deployment” means, and their father, Sgt. 1st Class Scott Updike is currently deployed to Afghanistan with A Troop, 1st Squadron, 91st Cavalry Regiment.

“My girls have really been hit hard... When Scott left, Paige’s grades started to drop,” Kari said. When the CAV started experiencing losses, it was particularly difficult. The Updike girls, however, responded with a desire to be help others.

They decided to donate their hair.

Paige, an avid Oprah fan, saw an episode during which a celebrity had her hair cut and donated to Locks of Love, a charity that uses the hair to make wigs for cancer patients.

“I saw a video, back in California, about kids with cancer. There are a lot of people that don’t have any hair, and they’re sad,” Paige said.

Kari, whose grandfather suffers from cancer, agreed to let the girls

donate their hair, and found two organizations which accept hair donation: Locks of Love and Wigs for Kids.

“We decided on Wigs for Kids, since they focus on children,” Kari said.

The day before Valentine’s Day, the Updike family took the leap, visited the Ledward Beauty Salon and had their ponytails severed for charity.

Paige, back on the honor roll and full of stories about school, home, and favorite musicians, was a little scared

when it came time to sit in the chair, but had the courage of her convictions.

Sister Cacie, who had been wanting a short cut for some time, was thrilled that her missing hair would be put to good use.

“I just feel so great about donating my hair,” she said.

For those interested in following the Updikes’ example, donation requirements and release forms can be found at either <http://locksoflove.org/> or <http://www.wigsforkids.org/>.



Annette Witas carefully severs Paige Updike’s ponytail for charity donation.

CYS programs change, shift within community

by **KIMBERLYGEARHART**
Bavarian News

Child & Youth Services continues to provide quality care to the community even as the community composition continues to change. In order to insure resources are utilized to the greatest extent possible, CYS program offerings and fee schedules continue to be adjusted.

In that vein, there will no longer be Super Saturday openings in Wuerzburg after February, due to low turnout, said CYS director Michael Payne.

Once a month care will still be offered at locations in Schweinfurt, however.

“The folks at Leighton are certainly welcome to sign up for Super Saturday care in Schweinfurt,” Payne added.

Making this adjustment allows the CYS program to redirect funds and resources into other, more heavily utilized programs, such as care for families of deployed or injured Soldiers.

“We’re still operating many programs for those that are deployed, and supporting the mission of rear detachment, wounded warriors and folks in the (Warrior Transition Unit),” Payne added.

Soldiers falling into these categories are entitled to several hours of free respite care each month, and a discounted rate for hourly care beyond that, according to CYS administrative assistant Tina Roberts.

Another change involves fee schedules for weekend and Parent’s Night Out care.

Cost for Saturday care is based on the age of the children attending. Care for children at the Child Development Center (kindergarten and below) is \$16, and for those old enough for School Age Services (1st through 5th grades) cost is \$12. Parents’ Night Out will cost a flat fee of \$15.

For more specific information about available care, contact central registration at DSN 354-6517 or CIV 09721-96-6414.

Date night



Photo by Sandra Wilson

Singles gathered in Café Rohr Feb. 12 for the speed dating event sponsored by United Service Organization. Sandra Valderrama, background, talks with Sgt. Christopher Stemple of 9th Engineer Battalion and Kristina Van Horn smiles as her date, Terence Lillis, answers her questions. Each participating pair was given five minutes for a “mini-date” in order to ask each other questions and briefly get to know each other. At the end of each round, participants indicated on their secret ballot whether or not they’d like to meet with the person again. “I got suckered into it. A buddy of mine’s wife signed me up and then called and told me I had to go... (but) I’m... open-minded. I don’t have any predetermined plans or anything,” said Stemple.

New deployment-related class supports, informs

by **SANDRA WILSON**
Bavarian News

The Dagger Brigade has returned from Iraq and is now moving on, but what about the 1st Squadron, 91st Cavalry? Our Soldiers are still in Afghanistan and are not forgotten.

As part of the continued effort to support Operation Enduring Freedom and family members back home, Army Community Service will hold a class called “Don’t sweat the deployment stuff” March 10 and 11. It will provide information and tips on persisting through the remainder of the deployment as well as preparation for possible future deployments.

“There is no formula for making deployments easy on families, but this class will address many of the skills that can make it easier,” said Patricia Lamson, mobilization and deployment specialist at ACS.

Jennifer Litchfield, instructor of the course, stresses how important it is to encourage the family members who are still waiting for their loved ones to come home. The 1-91 CAV has not lost support here in Schweinfurt just because Dagger Soldiers have returned, she says.

“We want to make sure we still offer classes (for them),” Litchfield said, explaining that the class was specifically designed for family members of 1-91 CAV.

Litchfield will facilitate both

classes. The first, on March 10 in the Ledward Yellow Ribbon Room from 5 to 7 p.m., is geared to the concerns of children. It’s designed for children of all ages to come to voice their questions and talk about their parents downrange. A card and key chain craft will be incorporated into the children’s class during the discussion.

The second class on March 11, also in the YRR, is from 10 a.m. to noon. The topics include stress management and enhancing personal relationships.

“It’s really easy to get into fights on the phone,” Litchfield said about talking with a spouse downrange. This is only one of the scenarios that will be addressed. Learning effective communication techniques is one of the goals that Litchfield has for the attendees of the class. She will teach how to build up relationships over long distance.

Litchfield also plans to discuss crisis, coping, and grieving. “in case you have a friend that experiences a loss or even a traumatic injury.”

“It can be very tense waiting for your Soldier to come home,” Litchfield said, speaking from experience with her husband’s two deployments. Providing an outlet and a place to glean new skills, Litchfield hopes to ease some of the stress for families associated with deployment.

For more information, or to sign up for either of the classes, call DSN 354-6933 or CIV 09721-96-6933.

In the Feb. 13 issue of the Bavarian News, Lt. Col. Anthony Haager was misidentified as the deputy garrison commander. His correct title is garrison commander.

Sinclair takes command of BCT

Story and photo by MARK HEETER
USAG Schweinfurt PAO

Nearing the end of his remarks, Col. Jeffrey Sinclair, newly minted commander of the Dagger Brigade Combat Team, led the crowd in a 45-second message to Col. J.B. Burton, whom he had replaced moments earlier: a standing ovation honoring the former commander, his wife, and son.

“See, J.B. and Cathy, that’s your team. That’s a Dagger standard, that’s what you built,” Sinclair said, as the applause came to rest Feb. 8 during the change-of-command ceremony in the Finney Fitness Center.

Sinclair assumed command of the 2nd Brigade Combat Team, 1st Infantry Division, accepting the brigade colors from Lt. Gen. Kenneth Hunzeker, V Corps commander.

“It seems like yesterday that I took the colors from Randy Dragon and handed it to J.B. Burton, and it was just two days prior to that when Jeff Sinclair left the field as Vanguard six,” Hunzeker said of the June 2005 changes of command.

Sinclair, whose previous assignment was as a student at the Naval War College, commanded the 1st Battalion, 18th Infantry Regiment from 2003 to June 2005, followed by an assignment with the 1st Infantry Division plans and operations division.

“You are the perfect command team to take on these challenging responsibilities,” Hunzeker said, addressing Sinclair and his wife, Rebecca.

Burton called his time leading the brigade “the



Col. Jeffrey Sinclair, left, accepts the colors of the 2nd Brigade Combat Team from Lt. Gen. Kenneth Hunzeker, V Corps commander, upon assuming command of the brigade at the Finney Fitness Center Feb. 8.

most challenging and, yet, most rewarding of my military career.”

“To the magnificent, patriot Soldiers of the Dagger Brigade, you have changed the world,” Burton said.

Sinclair, a native of Grafton, W.Va., earned a regular Army commission into the infantry as a distinguished military graduate from West Virginia University in 1986.

A veteran of Operations Desert Storm, Iraqi Freedom, and Enduring Freedom, Sinclair served with the 2nd and 3rd Ranger Battalions, as well as the 82nd Airborne Division.

A few weeks prior to his return to Schweinfurt,

Sinclair turned to a former battalion commander for advice.

“The first thing he told me was to keep it simple. The second bit of guidance was set high standards. The other bit of guidance was to be fair. And the most important guidance was serve something bigger than yourself,” he said.

Looking across the gymnasium floor and into the balcony bleachers, the new commander addressed his leaders and Soldiers.

“I will tell you I was never as good as you. I was never as dedicated as you. And I certainly was never as brave as you are. I thank you so much for your service,” he said.

DPW tests energy efficiency of post housing, offices using ‘blower door’

by MARK HEETER
USAG Schweinfurt PAO

The U. S. Army Garrison Schweinfurt Directorate of Public Works environmental division tested about 20 to 30 buildings throughout the area for energy efficiency in the first week of February using a technique called the blower door.

“The idea was to cover building types, like duplexes or the housing buildings with more families. And we, more or less, group the buildings by construction year,” said Lothar Rueckert, division chief.

A contractor is inspecting buildings in Yorktown Village, Askren Manor, troop barracks,

and office buildings, according to Kai Battenberg, pollution prevention manager.

“It is a follow-on project from last year,” Battenberg said, referring to tests done last winter using thermal graphic imaging.

“We want to identify heat losses. There are different sources of heat losses, in windows or outlets for example,” Battenberg said.

The blower door, used widely by professionals in the United States, is the process of closing off air intake to a building, erecting a special door with a ventilator pulling the air out, hooked up to a computer that measures density and energy efficiency.

“You depressurize buildings and see whether

air flows in around windows, for example,” she said.

“If there is a deficiency or a failure, it requires engineer work and is not something people can do,” Rueckert said, noting that planners try to select currently unoccupied buildings to test.

The project is part off the environmental management system, which has two main components, according to Battenberg.

“The environmental management system has two significant aspects, energy consumption and solid waste generation,” he said.

“We do our part, now people need to do their part,” he said, advising people to call the environmental division for more information at DSN 354-6795 or CIV 09721-96-6795.

Building 40 hosts key agencies all under one roof

by MARK HEETER
USAG Schweinfurt PAO

ACAP. MPD. ITC. CPF. They all come together at the PTAC.

Now in English.

The Army Career and Alumni Program, Military Personnel Division, In-processing Training Center, and Central Processing Facility are a few of the U. S. Army Garrison Schweinfurt agencies located in the Personnel Transition Assistance Center, known to many by now simply as “Bldg. 40.”

“It’s more Soldier-oriented. All the agencies are pretty much here. It benefits the units and the community,” said Victor Roman, lead in-and-out processing technician at the center.

The facility made its large-scale debut during the Dagger Brigade’s reintegration following its deployment last year and has not stopped moving since.

“The reintegration kept us busiest,” said

Rhonda Hawes, MPD chief and PTAC manager. “Boy, once they hit the ground, it’s like they never stopped coming.”

Throughout next week, a permanent-change-of-station rodeo will be established at the facility, and more than 500 Soldiers are expected to pass through on their way out of Schweinfurt, according to Hawes.

“The benefit is for the Soldier not having to run all over post,” she said.

And Soldiers like the idea.

“It’s a lot easier since we don’t have to go all over the place,” said Spc. Euvette Ross, 57th Signal Company, as she was at the housing office customer service station in the basement.

While workers create everything from military identification cards and passports to orders and finance vouchers on the first floor, and while a 200-seat briefing room fills with student-Soldiers on the second, staffers from throughout the garrison man computers and solve problems in the basement.

“It’s just like a new toy. We see little things that can get better and we can improve over time and get better,” Roman said. “But you know, we’ve got so many people here that are so good at their jobs that they can make the situation end up the right way and help the Soldier out.”

Hawes readily admitted that the re-integration last year exposed a few kinks in the system, but she and all the workers there have worked to improve and solve issues where possible.

And the teams in building 40 will get plenty of practice in the months ahead – with regularly scheduled in-and-out processing, massive transition within Dagger Brigade, the redeployment of the 1st Squadron, 91st Cavalry, and the actions associated with the closure of Leighton Barracks. And there is the normal workload.

“It’s really rewarding because you help the Soldier and make sure they’re taken care of, and that’s the main thing. Because that’s what we do,” Hawes said.

Commander biographies

Five battalions welcomed new commanders in change-of-command ceremonies in Schweinfurt over the past several weeks. Details about the new commanders:

1st Battalion, 18th Infantry

Lt. Col. Steve Miska assumed command of the 1st Battalion, 18th Infantry Regiment from outgoing commander Lt. Col. George Glaze in a ceremony Jan. 28.

Miska, a native of Long Island, N. Y., has been with the Dagger Brigade since 2003, having served as operations officer for the Vanguards, deploying to Bosnia and Tikrit, Iraq.

He joined the Dagger Brigade staff and served as brigade executive officer for a year before deploying in support of Operation Iraqi Freedom 06-08 as the brigade’s deputy commander and Task Force Justice commander as well.

Miska is a graduate of the Command and General Staff College, the Johnson Graduate School of Management at Cornell University, and the United States Military Academy, where he also taught economics for two years.

1st Battalion, 7th Field Artillery

Lt. Col. Steven Hite took command of 1st Battalion, 7th Field Artillery from Lt. Col. Michael Griffith Jan. 29.

He has nearly 20 years as an officer to his credit, as well as a bachelor’s degree in business administration and a master’s degree in computer resources and information management.

His awards include the Bronze Star, Defense Meritorious Service Medal, Meritorious Service Medal with bronze Oak Leaf Cluster, and the Army Commendation Medal with silver Oak Leaf Cluster.

1st Battalion, 77th Armor

Lt. Col. Lou Rago, an armor officer from Chicago, took command of the 1st Battalion, 77th Armor regiment, replacing Lt. Col. Miciotto Johnson Jan. 30.

He is a Distinguished Military Graduate of the Citadel Military College. Rago served here during his initial assignment with the 2nd Battalion, 64th Armor Regiment, and, with the exception of a four-year stint at Fort Stewart, Ga., he has been stationed in Germany or Italy ever since.

Rago has deployed to both Afghanistan and Iraq during his career, including service as the Chief of Diyala Operations Command Advisory Team in Baqubah, Iraq, from July to December 2007.

9th Engineer Battalion

Lt. Col. Benjamin Bigelow now commands the 9th Engineer Battalion, having replaced Lt. Col. Glen Masset Feb. 5. Bigelow is a graduate of the U.S. Military Academy, earning his bachelor’s degree in engineering and an active duty commission to the Army Corps of Engineers in 1990.

Bigelow’s military career has included service in Operations Desert Shield and Storm; Enduring and Iraqi Freedom; Uphold Democracy and Joint Guardian.

His military awards include: Bronze Star, Defense Meritorious Service Medals, Meritorious Service Medal with two Oak Leaf Clusters, Joint Service Commendation Medal, and Army Commendation Medal with three Oak leaf Clusters.

299th Forward Support Battalion

Lt. Col. Carl Knotts now commands 299th Forward Support Battalion, after replacing Lt. Col. Keith Sledd in a ceremony Feb. 6. Knotts followed the family tradition of military service and enlisted in the National Guard as an x-ray technician and combat medic in 1982.

Six years later, Knotts attended Reserve Officer Training, receiving an armor officer commission. He was called to active duty service in 1989.

Knotts’ military schools included Basic Combat Training, Advanced Individual Training, Air Assault and Airborne training, Armor Officer Basic, Scout Platoon Leaders course, M1A1 Transition Course and Battalion Motor Officers Course, Combined Logistics Officer Advanced Course, Systems Automation Course, and the Combined Arms Services Staff School.

SES students on parade



Schweinfurt Elementary School kindergarteners march the halls in home-made masks during their Fasching parade at the school Feb. 5.

Photo by Sandra Wilson

Bamberg, Schweinfurt announce honor rolls

Schweinfurt Elementary 4th Grade A Honor Roll

Heather Miska
Morgan Stockdill
Aolani Mayo
Hannah Baker
Miracle Woko
Jordan Crutchfield
Hailee Moran
Ashby Parmeter
Marc-Anthony Signorello
Ty Spencer
4th Grade A / B Honor Roll
Morgen Shreve
Madison Watkins
Paige Updike
Alicia West
Jacob Best
Ashley Bohns
Valentina McNeal
Johan Rau
Celene Sweeney
Kasey West
Janelle Bautista
Jerell Belt
Haylie Belvin
Austin Burton
Emiliano Garcia
Faivre June

Alexandrea Whitmore
Shawn Vanattia
John McConnell
Megan Sponaule
Jose Cortez
Kristian Black
Marissa Delgado
Cameron Gayles
Alexandra Villanueva
Sarah Naillon
Madysen Myer
Kiana Moon
Kendra Newman
Matthew Scott
Justin Bulanadi
Mitchell Justesen
Katya Lewis
Kenny Spiller
5th Grade A Honor Roll
Jessica Allen
Breana Brooks
Alyssa Isom
5th Grade A/B Honor Roll
Jyro Fransisco
Paige Dasalla
Samantha Richards
Shannon Carlsrud
Latrece Cunningham
Deanna Garcia

Taylor Kelley
Benedikt Reynolds
Antonio Cardenas
Lindsey McClafin
Lina Ike
Eric Meade
Zachary Kennedy
Tymon Blow
T. J. Hall
Jana Schmidt
Megan Shimkus
Ke’alii Taylor

Schweinfurt Middle
6th Grade Principal’s Honor Roll – 4.0
Trent Mitchell
7th Grade Principal’s Honor Roll -4.0
Kiersten Cade
Rafael DeAlmeida
Frances Negron-Miranda
Angelica Rago
8th Grade Principal’s Honor Roll - 4.0
Edward Bagtas
Haile Baker
Austin Eubanks
Danielle Mitchell

Marissa Rago
Ryan Whitcomb
8thGrade A Honor Roll (3.99 to 3.5)
Jacob Bautista
Alexandria Curry
Xavier Davis
Ryle Francisco
Korianna Purdin
8thGrade B Honor Roll (3.49 to 3.0)
Haley Carlsrud
Shannen Maxwell
Jonthan Delgado-Lopez
Lucias Napier
Alexusia Dickerson
Nia Patterson
Caleb Isom
Celeste Ramirez
Jacob Martin
Theron Stanley
Lauren McClafin
Connor Timmerman
7thGrade A Honor Roll (3.99 to 3.5)
Jasmine Collins
Alexis Mitchell-Dugan
Morgan Montgomery
Anna Duenas

Gabriella Rago
Wilson Hall
Daniel Reynolds
Sofia McCormick
Maria Shimkus
Alison Sprosty
7thGrade B Honor Roll (3.49 to 3.0)
Malik Boozer
Cesar Colon-Torres
Chelsea Murdock
Amara Dasalla
Caleb Petersen
Dominick Delgado
Alexandra Rosado
Atavia Hagler
Nelson Soto-Perez
Chantal Johnson
Corinna Sweeney
Shaniquah Lipki
Jessenia Villalobos
6thGrade A Honor Roll (3.99 to 3.5)
Thomas Diaz
Raechel McCormick
Samantha Gray
Francesca McNeal
Cecilie Huettner
Robert Miska

Kiera Huiel
Danielle Montano
Jessica Hunt
Hannah Nelson
Christian Rivera
6th Grade B Honor Roll (3.49 to 3.0)
Heather Arthur
Justin Magrum
Justin Beaty
Angelina Morrison
Brennan Booker
Steven Pedroza
Holly Crossthwaite
Alice Rivera Torres
Zachary Davis
Kaitlyn Sharp
Haley Downs
Sidney Shippy
Khayree Files
Derek Shreve
Kaitlyn Floyd
Florian Slovine
Christopher Foster
Omar Torres
Ta’Jah Foy
TiAnna Vaughn
Janie Glidewell
Trevor Wright

Wuerzburg Elementary/ Middle School

4th Grade Principal’s List 4.0
Tamara Blas
4th Grade A/B Honor Roll
Thomas Eagan
Julian Fahrion
Demetri Glanton
Annika Kennedy
Shanice Johnson
Mikaela Trembley-Rawles
5th Grade Principal’s List 4.0
Kelly Ahearne
Isaac Bacon
Gillian Merkley
Jason Simpson
Nolan Tucker
5th Grade A/B Honor Roll
Krista Dallen

Denise McIntosh
6th Grade A/B Honor Roll
Mark Mulligan
Patrick Newman
Tanner Petero
Melanie Simpson
Devona Walters
7th Grade Principal’s List 4.0
Tiffany Ford
Carolyn Pippin
Alexander Ruffalo
7th Grade A/B Honor Roll
Alexandria Delgado
David Horton
Zachary Ruffalo
8th Grade Principal’s List 4.0
Megan Ahearne
Taylor Knowles
Jesse Merkley

8th Grade A/B Honor Roll
Jacqueline Hatcher
Emily Manchester
Marina Wright
Wuerzburg American
High School
Principal’s List- 4.00 and Higher
Chantel Barham
Kutu Kolлие
Stefanie Montano
Daniel Osgood
Bernardus Pol
John Reynolds
Catherine Richardson
Hannah Richardson
Olivia Teel
High Honors – 3.50 to 3.999
Rebecca Bausum

Matthew Clidas
Thomas Comeford
DeVante’ Cunningham
Kirby Eavey
Stephanie Huettner
Taylor Julien
Katja Kennedy
Rachael Masset
Miranda McConnell
Jordan Roberts
Melody Rogers
Shaun Simpson
Carly Sipes
Benjamin Snyder
Kristina VanHorn
Sallymatta Yahuza
Ishawu Yahuza
Honors – 3.00 to 3.490
Adrianna Archie
Ryan Barry

Andrea Bell
Joshua Best
Amanda Biggins
Kayla Brown
Brandon Bryant
Edwin Cadelinia
Kayleen Covert
Forte’ Cunningham
Chelsea Delaney
Rebecca Ewing
Kaitlyn Ferguson
Jamila Harvey
Jordan Hunt
Alexis Jennings
Frederic Kips
Calvin Lau
Lisa Ledford
Lisa Little
Randal Little
Patrick Marchman

Samantha McConnell
Jermaine McElroy
Victoria McKernan
AnnKelli Montano
Nathaneal O’Lear
Boris Oros-Guzman
Ashley O’Rourke
Madison Queen
Christina Robinson
James Robinson
Esscencia Rodriguez
Ariel Silkett
Joshua Simpson
Tissia Smith
Patrick Smith
Joshuamil Torres
Conner Truax
Stephanie Vazquez
Amanda Whitney
Timothy Wright

Bamberg Elementary Principals’ Honor Roll

Kelsey Asbery
Dillon Byrd
Raymond Chang
Anneliese Gordon
Christian Guerzon
Rhiannon Jimenez
Thoman Johnson
Matthew Lugo
Victoria Martinez
Taryn Plamann
Natasha Vasquez
Anye Wanki
Stephen Welch
Jacob Wells
Keziah Williamson
Jillian Wright
A/B Honor Roll
Jordan Allen
Malik Bates
Andrew Beamer
Kelci Beaty
Kaitlyn Berbach
Austin Bohl
Jessica Burnett
Laura Carl
Angelika Castro
Joshua Caudill
McKenzie Cruze
Kia Davis
Karla Delos Santos
Conner Eudy
Kristin Feezor
Victor Godbee
Jeffrey Gordon
Amber Gutierrez
Jessica Haddix
Lizzie Haener
Luke Haener
Azzy Hinton
Anna Hodges
Lexie Holden
Michael Jimenez
Richard Jimenez
Austin Keough
Kaylee Korth
Steven Leeds
Patrick Mann
Gabrielle Martinez
Solleyha Mathurin
Joseph McNamara
Kailey Milhorn
Zachary Moore
Victoria Morales
Selena Newton
Victor Nwafor

Bethany Pitts
Jalynn Propes
Haley Prudhomme
Logan Prudhomme
Malik Reed
Lindsey Rojas
Christa Ross
Zandromeda Samuels
Janine Sanchez
Judy Sanchez
Brenna Turner
Camden Ure
Alizai Walker
Devin Walker
Catharina Watkins
Ke’alani Williams
Bamberg Middle School
Blue Cards
Devante Ardley
Justin Barron
Christian Billups
Ashton Buchanan
Eliza Buchanan
William Caudill
Nelson Cruz-Bernier
Sarah Cruz Bernier
Kevin Conner
Raven Daniels
Emma Davis
Adam Doerres
Brian Dunkin
Symone Elder
Jamia Garcia
Alexandria Haddix
Paul Hann
Samantha Hughes
Andre Hughes
Skylar Fryas
Quentin King-Shepard
Brittany Kongi
John Lenk
Timothy Mann
Lacy Prudhomme
Mikaela Roberts
Cody Rosenberg
Daniel Riojas
Tyler Smith
DeVynne Starks
Michael Soult
Darian Townsend
Destiny Vaughn
Jasquanique Walker
Donald Walk
Keegan Walker
Braeden Wessel
Gold Cards
Hannah Boulware

Rachel Boll
Josten Buen
Erica Delossantos
Erin Crawley
Jessica Dominick
Derrika Davis
Sade Davis
Anastasios Dones
Kayley Eudy
David Fleming
Natesha Godbee
Austin Hansen
Jesse Hodges
Joshua Johnstone
Violet Knoll
Dillon Luedtke
Andre Lurhama
Tajai McCollum
Ryan Mecillas
Lindsey Milhorn
Elizabeth Millner
Victoria Miller
Annalyssa Navarro-Schwener
Melanie Rivers
Alexandra Rose
Gabriel Ruiz
Ryan Verhoef
Humberto Vasquez
Marcus Wade
Sylvina Walk
Terry Williams
Rachel Williamson
Mark Witter
Malcom White-Sago
Bamberg High School
Blue Card
Orlando Billups
Alexandria Brown
Avien Bryant
Tyler Chancellor
Ivey Cherry
Donovan Davis
Erisa Egan
Nicolas Ellis
Dillon Eudy
Joshua Fletcher
Leroy Figuera-Colon
Jessica Henderson
Jana Julian
Oumou Kaba
Lydia Klein
Jorel Lane
Edward Lopez
Morgan Luedtke
Curtis Miers
Lawrence Morris
Vincent Nwafor

Anthony Ross
Melissa Ross
Milton Roberts
Joshua Robinson
Daniel Samarin
Joseph Signorello
Alexis Smith
Cierra Stephanson
Erick Suarez
Cynthia Tchatcho
Madison Thornes
Yas Washington
Dominic Williams
Danielle Witter
Melanie Witter
Darius Wright
Gold Card
McKenzie Antoine
Patience Bennett
Megan Bentley
Brittany Boozer

Jocelyn Bright-Smith
Olivia Caba
Jenna Cepe
Tessarose Cepe
David Cormier
Brittony Dickon
Sofia Engel
David Ewald
Selina Godbee
Trent Harvey
Dijon Holland
Kevin Johnson
Ryan King-Shepard
Chris Kirk
Brian Kirk
Caitlin Krauchi
Justin Lane
Caitlin Leeds
Anthony Lestochi
Brooke Mecillas
Azalia Mendizabal-Ruiz

Jeffrey Milhorn
Mary Parisee
Patricia Payton
Alexandra Riquelme
Amanda Ruddock
JeRhonda Ruddock
Illene Sherman
Andrew Spencer
Veronica Stocking
Rochelle Streker
Amber Streker
Samantha Suarez
Joseph Taylor
Blessing Wanki
Gabrielle Westerman
Caleb Wills
Aleksandra Wisniewska
Amanda Wingard
Kristina Whitt
Alysha Worrel
Bethany Yost

Keep those teeth clean!



Courtesy photo

Dr. Karen Donachie, dentist at the USAG Ansbach dental clinic, discusses tooth care and screens pupils for dental health month at the USAG Ansbach’s Rainbow Elementary School Feb. 20 as part of Children’s Dental Health Month.

Graf boxer wins third in K-town match

Story and photo by CHRISTINE JUNE
USAG Kaiserslautern Public Affairs

Going for boxing gold dreams were dashed and hammered by consecutive knockouts in front of almost 400 spectators Feb. 9 during Kaiserslautern's Main Event at the Miesau gym. Knockout action began in the second bout as Schweinfurt's Tyrone Lindsay landed a right hook to the jaw of Kaiserslautern's Horace Youson in the third round.

Another right hook claimed the other knockout of the night in the third bout. Kaiserslautern's Antonio Feagins landed a shot to the head of teammate Michael McKinney in the second round. McKinney's legs buckled, as he was sent to the hospital for x-rays due to a possible high, right ankle sprain.

Boxers who had one or two bouts under their belts showcased most of the earlier action, with novice competitions making up all but two of the eight bouts.

Best boxer of the night went to Kaiserslautern's Dominc Gauna, even though he did not win his light heavyweight matchup with teammate De Angelo Johnson.

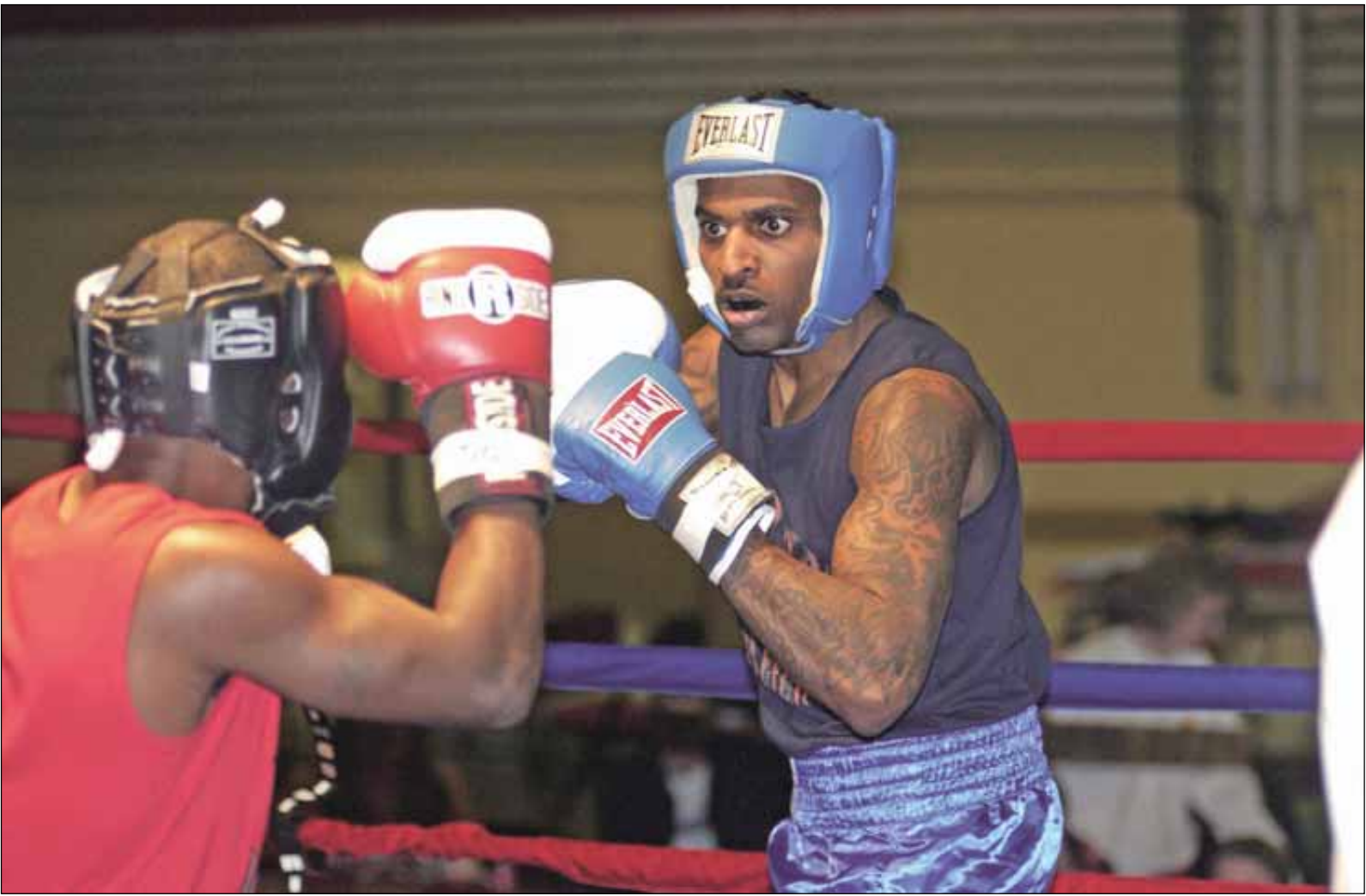
"He didn't have the points (to win), but if you looked at his skills – what he did – he was outstanding in the ring," said Tony Lee, U.S. Army Europe boxing commissioner.

This was the second bout in as many weeks for Gauna, who works out every other Saturday with fellow Kaiserslautern boxers at the Southside gym on Ramstein Air Base.

Describing the fight, Gauna said: "I outlasted the guy. He was catching me with some combinations, but I was throwing more of the power punches."

Hometown advantage went to Kaiserslautern. With 10 boxers and five gold medals, Kaiserslautern's team owned first place. Baumholder and Schweinfurt tied for second place, and the sole Grafenwoehr boxer Deamont Johnson took home third place team honors.

Formerly from Kaiserslautern, Johnson just returned last month from the All Army boxing camp at Fort Carson, Colo. His bout – fourth of



Kaiserslautern's Colin Reed intently watches his opponent Grafenwoehr's Beamont Johnson in the fourth bout of Kaiserslautern's Main Event at the Miesau gym. Johnson won this referee stopped contest.

the night – against Kaiserslautern's Colin Reed started a string of three referee stopped contests.

Johnson was awarded the gold in the second round. Kaiserslautern's Joseph Buyson took the win in the first round against Baumholder's

James Manns. Another All Army boxer, Kaiserslautern's Shawn Sullivan got the decision in the second round against teammate Maurice Jones.

The night's action began with Schweinfurt's

Jerry Estevez win over Baumholder's Matt Melton in the only lightweight bout of the evening, and ended with Kaiserslautern's David Meredith's win over Baumholder's Maurice Tillman.

Bad sportsmanship can ruin the game for children

IMCOM Press Release

As the umpire bellowed out "play ball," the Little Leaguer watched as the first pitch neared the strike zone.

The next sound was that of a clean hit up the middle, accompanied by a few comments coming from parents sitting in the stands. Unfortunately, not all of the remarks were of the encouraging sort.

Nothing can ruin the sheer fun of youth sports more quickly than overzealous adults.

Imagine an 8-year-old softball player being chastised because she dropped a fly ball. Or how about an irate soccer mom screaming at an opposing team's coach. There have even been cases of parents attacking referees or umpires because they disagreed with a call.

But for most young athletes – especially those just beginning – the joy of playing sports comes down to: "Who cares who wins; I just want to get back out there."

This should be a heads up for adults, especially with the first-ever Youth Sports

National Report Card giving out harsh scores for many grown ups.

The findings provide a message to parents that they sometimes are the ones setting bad examples by placing too much emphasis on victory and not on enough on simple participation. Overall, the panel noted that youth sports has:

- Lost its child-centered focus, meaning less emphasis on the child's experience and more emphasis on adult-centered motives, such as winning.

- Suffered from the actions of over-invested sports parents, who set unrealistic expectations and fail to behave in a way that promotes the development of their own child and others.

- Focused on early sports specialization, leading to burnout, overuse injuries and a hyper-competitive atmosphere focused on travel-team participation at an increasingly younger age.

Therefore, "I know some parents can learn from the behavior of their 7-year-olds," said panel member Doug Abrams, a University of Missouri School of Law professor. "The kids are the role

models."

For several years, the Army's Child and Youth Services has worked with the Josephson Institute of Ethics – which administers a program called Character Counts! and Pursuing Victory with Honor program – to help coaches and other adults equip youth with values needed to meet life's challenges, on and off the field.

"The main focus of Character Counts and Pursuing Victory with Honor is sportsmanship," said Connie Larson, IMCOM-Europe CYS sports and fitness specialist.

Larson noted that the program uses six-pillars of character as its foundation. These core values are:

- Trustworthiness:** be honest; be reliable; have the courage to do the right thing; be loyal.

- Respect:** be tolerant of differences; be considerate of others; deal peacefully with anger, insults and disagreements.

- Responsibility:** do what you are supposed to do; persevere; do your best; use self-control; be self-disciplined; think before you act; be accountable for your choices.

- Fairness:** play by the rules; take turns and share; listen to others; don't blame others carelessly.

- Caring:** be kind; be compassionate; express gratitude; forgive others.

- Citizenship:** do your share to make the community better; cooperate; get involved in community affairs; stay informed.

The end result is creating a wholesome environment in which to play, said Larson. "Children who see adults behaving in a sportsmanlike manner are more likely to understand that doing your best and behaving with dignity are what helps you become a winner."

She added that children repeat what they see. Furthermore, parents and adults can help youth understand that good sportsmanship includes simple gestures, such as shaking hands with opponents before a game or acknowledging good plays made by others.

"Displaying good sportsmanship isn't always easy," added Larson. "But children who learn how to do it will benefit in many ways."

Life in the fast lane



U.S. Ambassador to Germany, William Robert Timken Jr., and EFSL President, Morag Davite, stand behind Hohenfels Hurricanes co-captains Karl Hoeh and Stephanie Davis after they accepted the team's divisional trophy at the European Forces Swim League Championships in Berlin Feb. 17. Courtesy photo

Become a certified official in softball clinic planned for April in Heidelberg

IMCOM Press Release

A softball official's clinic will be held at the Schwetzingen Workforce Training Center in Heidelberg April 15-19.

Participants will have the opportunity to become certified officials, allowing them to provide follow-up clinics and to umpire games at their home garrisons.

During the clinic, attendees will learn current rules, proper signaling, points of emphasis, rule changes, plate, and field mechanics and procedures.

Dick Gayler, of Kennesaw, Ga., has been selected by the Amateur Softball Association to oversee the clinic. He has served as the umpire-in-

charge of 18 national tournaments.

Plus he has earned numerous honors, including being named Georgia Umpire of the Year, selected to Atlanta Fall of Fame and working the USA Olympic Softball Exhibition Tour in 1996.

Selected officials will have the opportunity to officiate at the 2008 Installation Management Command-Europe unit-level tournament or the community men's and women's championships set for Wiesbaden, Germany, this summer.

For more information on becoming a sports official or attending this clinic, e-mail tom.hlavacek@us.army.mil. Apply at www.mwr.tade.com.

2SCR rear detachment sees Landstuhl

Continued From Page 1
expressed an interest in seeing Landstuhl Regional Medical Center and since I had worked there before, I volunteered to organize a trip for whoever could go.”

The group of 19 participants left Vilseck on a chartered bus at 7:30 a.m. for the day-long excursion to Ramstein Air Base, the Fisher House at Landstuhl, and finally the Landstuhl Regional Medical Center.

“We visited the three main parts of the medical evacuation system: the planes that actually bring the wounded to Landstuhl, the hospital itself and a few of the personnel that work there, and the Fisher House that literally provides a home away from home for families going through painful and difficult times,” Woodson said. “We had very limited exposure to each of these three but I wanted the people on the trip to at least be acquainted with the (medical evacuation) process.”

The first stop was at Ramstein Air Base to explore a C-17 airplane and talk with flight nurses about how an injured Soldier is evacuated from Iraq or Afghanistan back to Germany for care.

Air Force flight nurse Capt. Jason Nafts led the tour of the plane and outlined the entire evacuation process. He showed the hospital grade power and oxygen set ups on board, emphasizing that “we bring everything with us” to ensure the best patient care while airborne. He also mentioned that each patient must be cleared by a flight surgeon, a specialized physician who knows flight physiology, prior to being air evacuated, because the change in altitude can cause a change in patient stability.

Trip participants were given the opportunity to look around the inside of the plane, including the cockpit area, and ask any questions. Most questions centered around turn-around times. Nafts said that most of the time, the missions are 24-hour projects, starting from the time they leave Ramstein to the time they return and get the patient from downrange into Landstuhl or back to Andrews Air Base, Md.

After learning about the evacuation process, the tour continued at the Fisher House at Landstuhl. The Fisher House was founded in 1990 by Zachary and Elizabeth Fisher to serve military families as a temporary home during a medical emergency. The houses are located within walking distance of the hospital they serve, and according to Kathy Gregory, the Landstuhl Fisher House manager, at this time there is no charge to stay there.

She said that deployed Soldiers and their families are always the top priority, though other families may stay at the Fisher House as needed

as well. The average stay at this Fisher House is four days, which makes for almost no wait list. Gregory added that approximately 100 families come through the Landstuhl Fisher House per month, which “makes for a very busy house.”

“Hopefully you will never need the Fisher House, but we all know the time might come. Then we will be here,” Gregory said.

She added that at present, there are a total of 38 Fisher Houses worldwide, with plans in the works to build 20 more in the next five years. These houses run on donations, which can be made towards a specific house.

Just a short walk down the street from the Fisher House is Landstuhl Regional Medical Center, where the group ventured next to get a feel for the atmosphere and attend a lecture on traumatic brain injury given by Dr. (Maj.) Shawna Scully, a neurologist serving at Landstuhl who has also been deployed.

Scully talked about how important it is to get injured Soldiers the proper care, and that proper care includes testing for and treating the full range of mental and physical ailments.

“To me, (post traumatic stress disorder) and TBI can’t be torn apart,” Scully said. “They are so closely interrelated. I don’t care what it is; I just want to treat it.”

She quoted the statistic that if a Soldier is coming from a blast injury, there is a 53 percent chance of testing positive for TBI.

“There were blasts more severe for me and my peers because of emotional impact, and then there were blasts more severe because of physical impact,” she said while describing how an explosion can injure the brain.

She went on to explain how she wants to help Soldiers with TBI.

“We have these guys coming in that are in such a confusing place, but without a guide... not even an internal guide since that part of the brain is often affected. I try to be their guide,” Scully said.

She emphasized that the Army medical system has plans in place to take care of these Soldiers, and that care for TBI, depending on level of injury, is also available at local post health clinics.

After her lecture, Scully opened the floor for questions to put at ease any additional worries the spouses and rear detachment commanders may have had.

“Many people in the 2SCR have heard of Landstuhl but didn’t know much about the facility itself,” Woodson said. “This trip gave key FRG leadership an eyes-on at Landstuhl and if other spouses are anxious about the medical care available to their husbands or wives downrange, the leadership will have first-hand



Photo by Paula Guzman

The Stryker trip to Landstuhl gave rear detachment commanders and senior spouses the knowledge they need to reassure family members that their Soldiers will be taken care of if they should be injured while deployed.

knowledge of Landstuhl.”

Capt. Shawn Giacobbe, the Fires Squadron rear detachment executive officer and acting public affairs officer for this trip, was also enthusiastic about the outcome of the trip.

“It was important for both the Soldiers and family members to get first hand knowledge from the Soldiers, doctors, and volunteers of how they play a role in the movement and treatment of not only the Soldiers returning from downrange, but their families as well,” Giacobbe said. “This, I believe, gave everyone a higher comfort level that the Soldier and their family are being well taken care of.”

Giacobbe and Woodson agreed that the information gathered on this trip, and settling some of the unknown fears, has been a positive experience.

“The information has affected the Regiment positively. I believe while on the trip, we were learning every step of the way, from the Air Force’s C-17 crew, to the Fisher House representatives, to the doctors at LRMC, we were gaining the knowledge of their everyday life which gave great insight how our troops are treated. We have passed that information on to our Soldiers and family members,” Giacobbe said.

While at the moment there is not another trip

being planned, he is hopeful that there will be another.

“I think this definitely should be done again. This is an experience that we as Soldiers and family members of Soldiers don’t get to see first hand usually, which affects our love ones downrange,” he said. “This trip gives a little more ease to the situation that our Soldiers are in a place where they can get hurt at any moment and if they are, those between here and there are doing everything they can for them.”

Woodson also stressed the underlying theme of the trip: restoring peace-of-mind and confidence that if a loved one is hurt downrange, they will be treated by professionals who genuinely care for them and their health.

“Any service member who has to be medically evacuated from theater will receive top quality care; care not just for the body but for the soul as well. The chaplains at Landstuhl do a marvelous job of caring for the wounded. The medical personnel do the same, as well as all the support staff. The Fisher Houses at Landstuhl have been a place of rest for thousands of family members. We all need support during tough times, such as when a loved one is injured, and that support is truly available at Landstuhl Regional Medical Center,” Woodson said.

AFAP conference lets garrison voice concerns

Continued From Page 1
subject groups to hash out any issues, and work solutions to those issues, to present at the end of the conference for voting. Julie Keller served as a delegate for the medical and dental and post operations group.

“I was curious how the conference worked and also was interested in helping to bring about changes or improvements, not only for our community, but also Army wide,” Keller said. “I honestly did not care which group I was in. It was chosen for me and, though any would have been good to work on, we had a really great group that worked hard on the issues.”

Keller said that she enjoyed her experience as a delegate. This was her first year participating

in AFAP, although she had heard a little bit about the conference before.

“I learned how we are all responsible to bring up the issues that affect us not only here, but around the world in the Army; issues that we feel can be changed or improved upon. It really starts with simply knowing what the issues are,” she said.

“Learning about the process of the two-day conference was very interesting; so much goes into the preparation and organization of the conference. To see issues that were submitted, going on from our community and up, gives quite a feeling of accomplishment,” she said.

The Department of Defense seeks feedback from nearly everyone attached to the Army,

Reserves, and Guard units through AFAP. Participation is open to Soldiers, spouses, retirees, DA civilians, and surviving spouses.

The top five issues voted on by the U.S. Army Garrison Grafenwoehr AFAP conference:

1. Medical specialty care provider ratio

Recommendation: Reduce the current provider-to-population ratio and authorize permanent specialty care providers to each garrison.

2. Enforcement of housing policy

Recommendation: Revise the current policy letter and implement mandatory command supported training for coordinators, notify the sponsor’s command of coordinator assignments, and require Military Police to report all housing

violations to the housing office.

3. Living quarters allowance calculation

Recommendation: Amend current LQA policy to cap based on the local currency.

4. Availability of individual education plan summer services for school age children

Recommendation: Change current policy to allow all children with IEPs to receive year round services and fully fund involved agencies to staff and support summer IEP services.

5. Cost of living allowance education

Recommendation: Standardize COLA education for outside of the continental U.S. and provide standardized COLA education through various media for military community members on a recurring basis.



Photo by Katie Cowart

Vilseck Furniture Store now open

The Vilseck furniture store and home decor center, located in the former PX, is now open Monday, Tuesday, Thursday, Friday, and Saturday 11 a.m. to 6 p.m. and Sunday 11 a.m. to 5 p.m. The store is closed Wednesday.

Army Emergency Relief program kicks off Saturday, goes to May 15

Special to the Bavarian News

The Army Emergency Relief program will begin Saturday and go through May 15.

In 2007, more than \$58 million in AER assistance was provided to more than 57,000 Soldiers and their families.

AER is a private, nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER’s sole mission is to help Soldiers and their dependents.

AER is the Army’s own emergency financial assistance organization and is dedicated to “helping the Army take care of its own.”

AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers.

AER funds are made available to commanders having AER sections to provide emergency financial assistance to Soldiers -

active and retired - and their dependents when there is a valid need.

AER funds made available to commanders are not limited and are constrained only by the requirement of valid need.

For these reasons, the AER assistance program is conducted within the Army structure by major commanders and their installation or organization commanders through AER sections and other related organizations. All units within USAG Grafenwoehr geographic footprint are requested to provide an AER Representative. The USAG Grafenwoehr HRD will be hosting a special training session for all AER unit representatives Friday at 9 a.m. in Grafenwoehr, Bldg.244. Training will last approximately one to two hours. All AER representatives should attend this training.

For receipt and allotment forms (DA Form 4908) or questions, contact Christine Nunez, DSN 475-8432 or christine.nunez@eur.army.mil.